

HEALTH BENEFITS OF

QUITTING SMOKING



Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer. Smoking increases the risk for serious health problems, many diseases, and death.

Although the health benefits are greater for people who stop using tobacco products at earlier ages, there are benefits at any age. **YOU ARE NEVER TOO OLD TO QUIT.**

HELP IS AVAILABLE AT THE CAREATC CLINIC WHEN YOU DECIDE TO QUIT

The medications below are available at **NO COST** at most CareATC Clinics. Consult with your provider to see what is recommended for you.

- Bupropion
- Chantix
- Nicoderm patches
- Nicoderm gum

Want to quit? You're not alone—the number of former smokers is now larger than the number of current smokers.

www.cdc.gov/tobacco

QUITTING SMOKING IS ASSOCIATED WITH MANY HEALTH BENEFITS:

- Lowered risk for lung cancer and many other types of cancer
- Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart)
- Reduced heart disease risk within 1 to 2 years of quitting
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath
- Reduced risk of developing some lung diseases, such as COPD (one of the leading causes of death in the United States)

Want to schedule an appointment?

Log in at patients.careatc.com or call **800.993.8244**