

5 YEARS
after you quit smoking,
your risk of stroke is like someone
who's never smoked.

But right now, you're a **STROKE** waiting to happen.

QuitNowRI.com
1-800-QUIT-NOW



3 MONTHS
after you quit smoking,
your lung function improves
up to 30%.

But right now, you're one day closer to EMPHYSEMA.

QuitNowRI.com
1-800-QUIT-NOW



1 YEAR
after you quit smoking,
your risk of heart disease is
cut in half.

But right now, you're a **HEART ATTACK** waiting to happen.

QuitNowRI.com
1-800-QUIT-NOW



8 HOURS
after you quit smoking,
your blood oxygen level returns
to normal.

But right now, you're one cigarette closer to **CANCER.**

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