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.

QuitNowRI.com
1-800-QUIT-NOW