

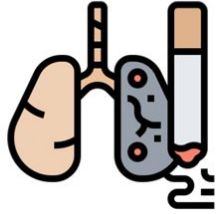
# Quitting Smoking



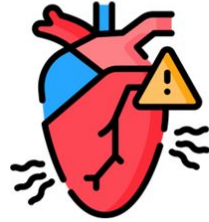
Nationalities  
Service Center



Stroke



Lung Cancer



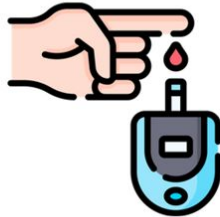
Heart Attack



Infertility



Gum Disease



Type 2 Diabetes



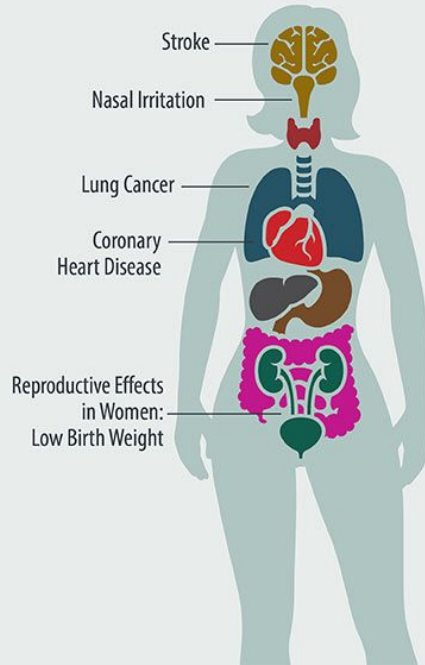
Vision Loss



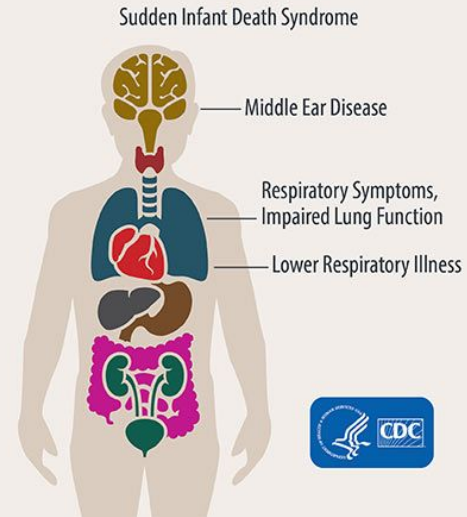
Bone Decay

# Second Hand Smoking

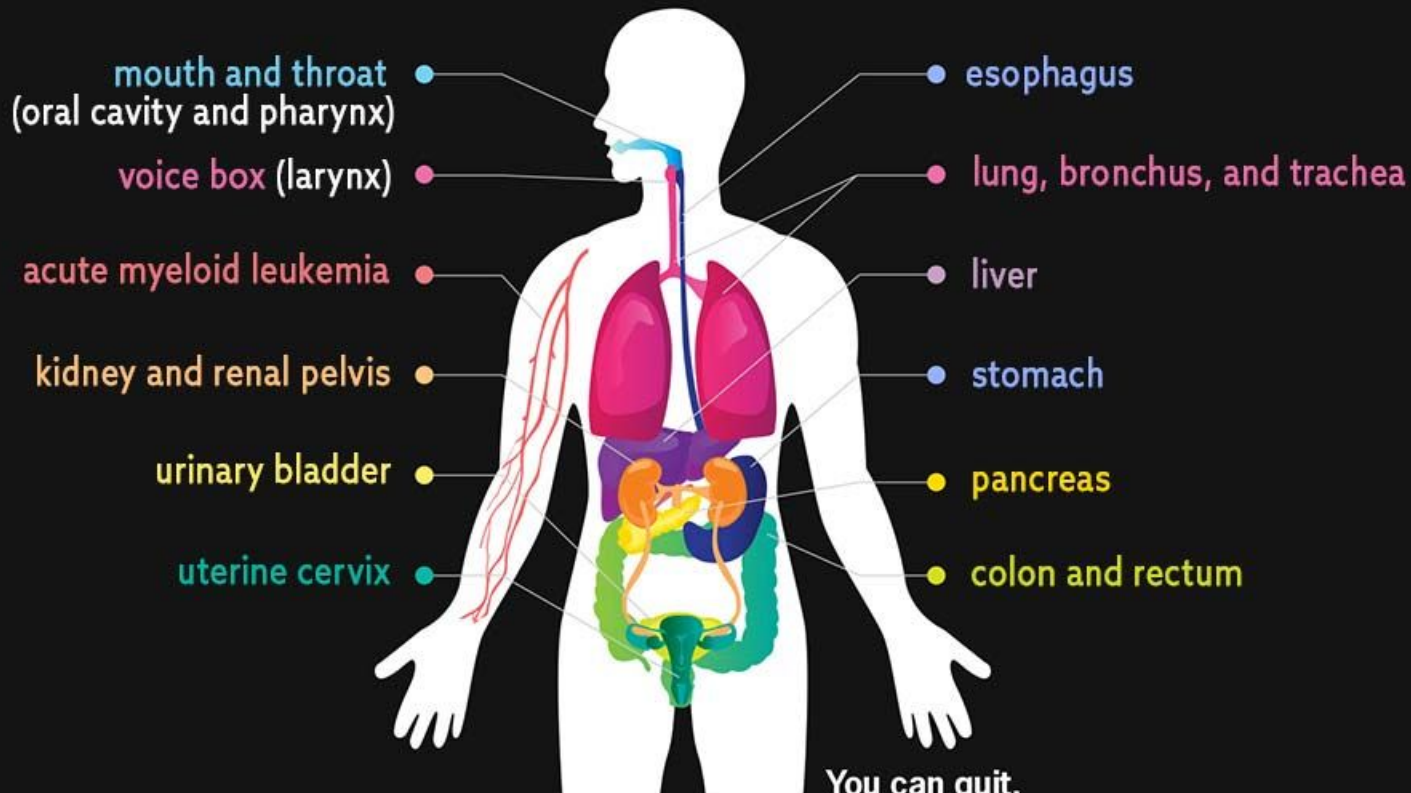
## ADULT



## CHILDREN



# Smoking can cause cancer almost anywhere in your body.



You can quit.  
For free help: 1-800-QUIT-NOW.



[CDC.gov/quit](https://www.cdc.gov/quit)

**Cost of a pack of  
cigarettes:**

**\$12**



## **Savings from Quitting Smoking**




**1 week: \$84**

**1 month: \$360**

**1 year: \$4,380**




# True or False



Question	True	False
It's not too late to quit		
Nicotine Replacement Therapy is as harmful as smoking		
Using E-cigarettes for quitting is effective		

# True or False



Question	True	False
"Just one" really means just one		
Smoking impacts more than just your lungs		
Vaping is a safer, better option than cigarettes		



# Smoke-Free Philly

**GET HEALTHY  
PHILLY**  
Healthy, Active & Smoke-Free

**Smoke-Free  
PHILLY**

CITY OF PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH



# American Lung Association



**A TIP FROM A FORMER SMOKER**

**LET YOUR KIDS INSPIRE YOU TO QUIT.**

Beatrice, Quit at age 37  
New York

Nick age 11  
Dear Mom Smoking  
Thank you mom for  
I know you condo  
hard thing to do but  
you so you are saving  
in lucky to have parents  
and Daddy cause my  
parents would probably say  
just a kid" but you are the  
in the world!!

Don't Smoke!

There are a lot of reasons to quit smoking. Don't stop trying until you find yours. Beatrice did it. You can too. For free help, call **1-800-QUIT-NOW**

 U.S. Department of Health and Human Services  
Center for Disease Control and Prevention  
CDC.gov/tips


**A TIP FROM A FORMER SMOKER**

**I didn't think I smoked that much either.**

Christine, age 55, Pennsylvania  
Diagnosed with cancer at age 44


Christine ate healthy foods. She exercised. She felt healthy. So she didn't think the amount she smoked would hurt her. But, at 44, she was diagnosed with oral cancer. And it came back twice. Now she has no teeth and only half of her jaw. You can quit smoking.

For free help, call **1-800-QUIT-NOW.**

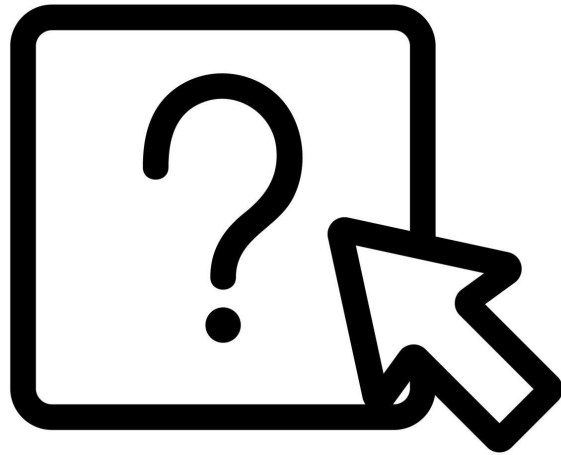
 U.S. Department of Health and Human Services  
Center for Disease Control and Prevention  
CDC.gov/tips

#CDCTips  
Print Only Document

Christine, age 39



[Tips from Former Smokers](#)



Questions

# References

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