

GET ON THE ROAD TO A HEALTHIER YOU

If you quit smoking right now...

YOUR RISK OF CORONARY HEART DISEASE IS THE SAME AS A NON-SMOKER'S.

AFTER
15
YEARS

AFTER
10
YEARS

YOU ARE HALF AS LIKELY TO DIE FROM LUNG CANCER. YOUR RISK OF LARYNX OR PANCREATIC CANCER DECREASES.

YOUR RISK OF CANCER OF THE MOUTH, THROAT, ESOPHAGUS AND BLADDER ARE CUT IN HALF. YOUR RISK OF CERVICAL CANCER AND STROKE RETURN TO NORMAL AFTER 5 YEARS.

AFTER
5
YEARS

AFTER
1
YEAR

YOUR RISK OF CORONARY HEART DISEASE IS CUT IN HALF.

WITHIN
9
MONTHS

YOU WILL COUGH LESS AND BREATHE EASIER.

WITHIN
3
MONTHS

YOUR CIRCULATION AND LUNG FUNCTION IMPROVES.

WITHIN
12
HOURS

THE CARBON MONOXIDE LEVEL IN YOUR BLOOD DROPS TO NORMAL.

WITHIN
20
MINUTES

YOUR HEART RATE AND BLOOD PRESSURE DROP.

ALASKA'S TOBACCO
QUIT LINE
1-800-QUIT-NOW
alaskaquitline.com