NO NICOTINE NO VEMBER

THE BENEFITS OF QUITTING SMOKING/VAPING



smoker's breath disappears; oxygen levels normalize



Coughing and shortness of breath decrease. The lungs start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.



Your risk of lung cancer is about half that of a person who is still smoking (after 10 to 15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.



heart rate and blood pressure are stabilized; you stop polluting the air



Your circulation improves and your lung function increases.



lower risk of heart disease and stroke



Your risk of coronary heart disease is close to that of a non-smoker.

QUIT SMOKING, START HEALING





