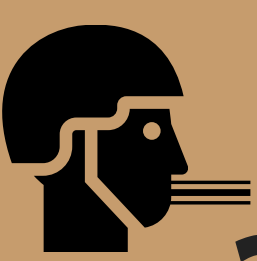


NO NICOTINE NOVEMBER

THE BENEFITS OF QUITTING SMOKING/VAPING



**24
HOURS**

smoker's breath disappears; oxygen levels normalize



**1-12
MONTHS**

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.



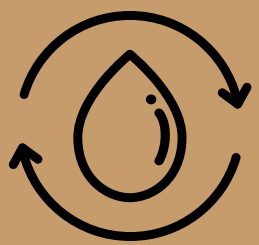
**10
YEARS**

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.

**20
MIN**

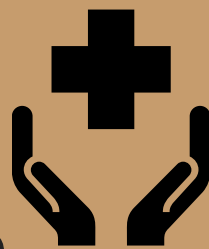


heart rate and blood pressure are stabilized; you stop polluting the air



**2
WEEKS**

Your circulation improves and your lung function increases.



**1-2
YEARS**

lower risk of heart disease and stroke



**15
YEARS**

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

**QUIT SMOKING,
START HEALING**

