

HEALTH BENEFITS OF QUITTING SMOKING



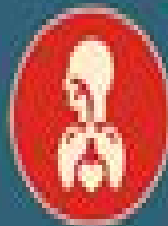
IMPROVES health and
INCREASES life expectancy



LOWERS risk of some
poor reproductive
health outcomes



LOWERS risk of 12 types
of cancer



BENEFITS people who have
already been diagnosed with
coronary heart disease or COPD



LOWERS risk of
cardiovascular disease



BENEFITS people at any age -
even people who have smoked
for years or have smoked heavily
will benefit from quitting



LOWERS risk of chronic
obstructive pulmonary
disease (COPD)

The Health Benefits Of Tobacco

**Hans Krueger, Dan Williams, Barbara
Kaminsky, David McLean**



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