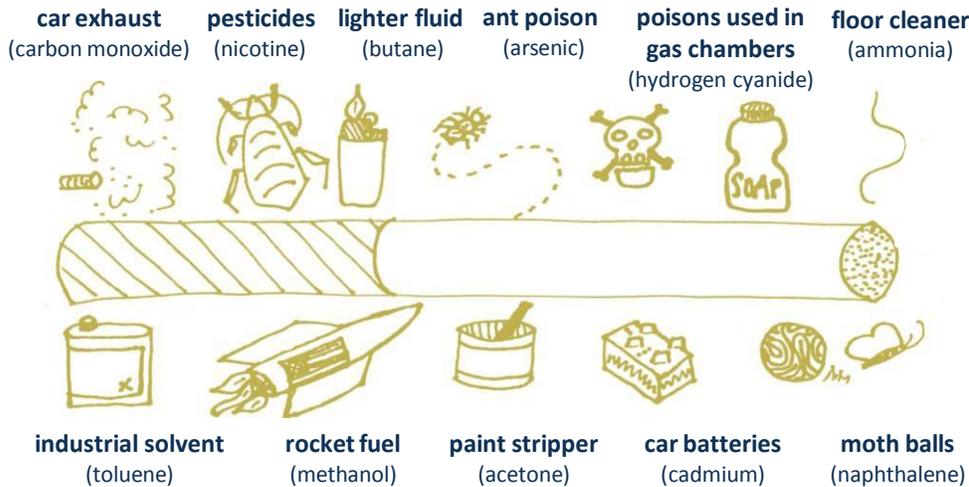


Smoking Increases Risks to You



What's in that cigarette?

There are over 7,000 chemicals in a burning cigarette.

Sixty-nine of these chemicals are known to cause cancer.

Personal Risks:

- Lack of energy
- Addiction
- Smell & mess
- Impact on your children
- Money
- Yellow teeth and nails
- Wrinkles

Health Risks:

Smoking causes:

- 90% of lung cancer deaths
- 80% of COPD deaths
- Type II Diabetes
- Rheumatoid arthritis
- Tooth loss

Smoking increases the risk for:

- Coronary heart disease by 2-4 times
- Stroke by 2-4 times
- Lung cancer by *25 times*
- Cataracts (causes blindness)

I want to have enough energy to play with my kids. I want to be around long enough to watch them grow up."
- First Breath Grad

FIRST BREATH

WHEN MOM QUILTS



1 to 20 Minutes After Quitting
Your heart rate returns to normal.
Your blood pressure decreases.
Your baby gets more oxygen.



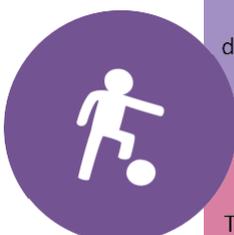
12 Hours After Quitting
The carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting
Your sense of smell and taste improves.
Your circulation improves.



1 to 9 Months After Quitting
Your baby has a better chance of being born full-term at a healthy birth weight.
You will cough less and will breathe better.
Your lungs start to work normally.

1+ Years After Quitting
Your baby will have fewer colds and infections.
Your baby is less likely to die of SIDS (Sudden Infant Death Syndrome).



5 Years After Quitting
Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half.
Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 Years After Quitting
There is a 50%-70% reduction in the risk of developing lung cancer. The risk of pancreatic cancer is also reduced.

15+ Years After Quitting
The risk of coronary heart disease is that of a non-smoker's.
Your child is less likely to smoke.

*It is **NEVER**
too late to
quit smoking!*

You CAN:

- + Have more energy and breathe more easily.
- + Lower your risk of developing heart disease, stroke, lung cancer, and other smoking related diseases.
- + Feel good about what you have done for yourself and your baby.
 - + Have a better breast milk supply.
 - + Have better smelling hair, clothes, and home.
 - + Have more money.

You could save
\$1,000 – \$8,000
each year!

