WHY SHOULD YOU QUIT?

✓ 1,900 people in NH die each year from smoking
✓ $729 million is spent on smoking-related health care costs in NH annually
✓ 158 people in NH die each month from smoking
✓ 480,000 people die in the U.S. each year from cigarette smoking
✓ Smoking accounts for as many as 8 out of 10 COPD-related deaths
✓ 9 out of 10 smokers start smoking by age 18
✓ $289 billion cost to the U.S. economy annually

Tobacco is the leading cause of preventable death in the U.S. and in New Hampshire. It can increase your chances of developing diseases like, cancer and COPD (chronic obstructive pulmonary disease). Exposure can be direct and through secondhand smoke. Breathe NH is committed to reducing the burden of lung diseases and the burden of COPD through the NH COPD Plan.

IT IS NEVER TOO LATE TO QUIT

There are resources available to help you QUIT TODAY:

1-800-Quit-Now (1-800-784-8669) www.QuitNowNH.org

Smokefree.gov

BeTobaccoFree.gov

Breathe New Hampshire | info@breathenh.org | 603-669-2411 | BreatheNH.org
GET ON THE PATH TO A HEALTHIER YOU!
IF YOU QUIT SMOKING RIGHT NOW:

After 15 years
Your risk of coronary heart disease is the same as a non-smoker’s

After 10 years
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

After 5 years
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

After 1 year
Your risk of coronary heart disease is cut in half

Within 9 months
You will cough less and breathe easier

Within 12 hours
The carbon monoxide level in your blood drops to normal

Within 3 months
Your circulation and lung function improves

Within 20 minutes
Your heart rate and blood pressure drop

1. Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A, Feinle J. Hypertension. 2003;41:183

www.BeTobaccoFree.gov