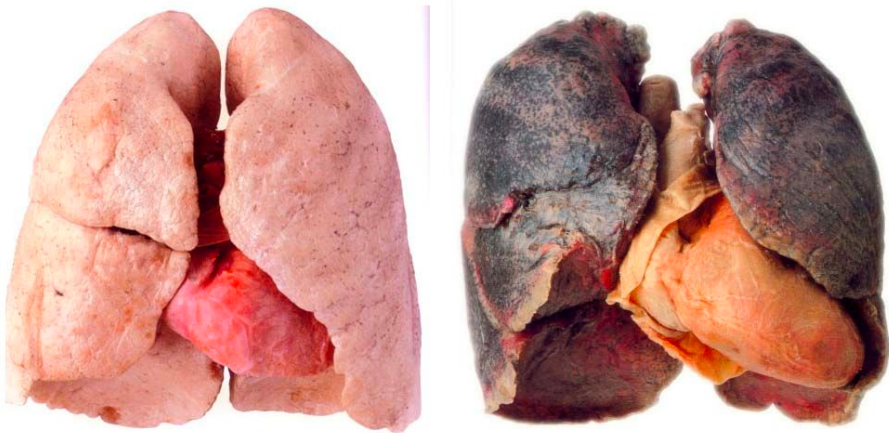


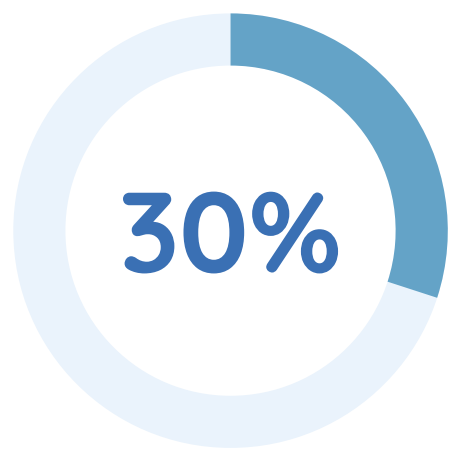
Stop Smoking, Start Living



Tar build up on the lungs can cause COPD and emphysema

58 million

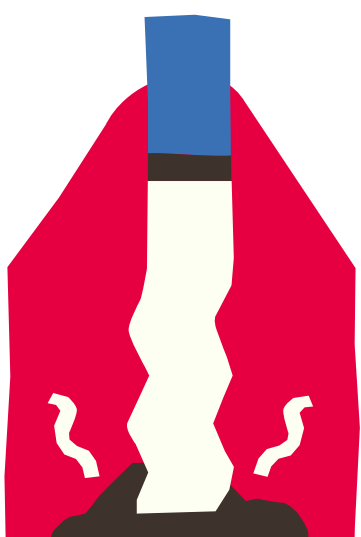
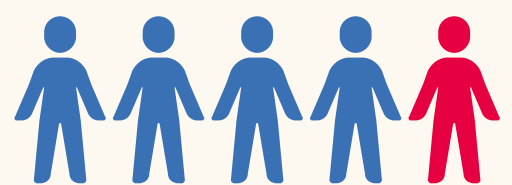
Nonsmoking Americans are exposed to secondhand smoking



Increased risk of developing coronary artery disease due to secondhand smoking

1 OUT OF 5

Deaths in the US are caused by cigarette smoking, that's more than 480,000 deaths per year.

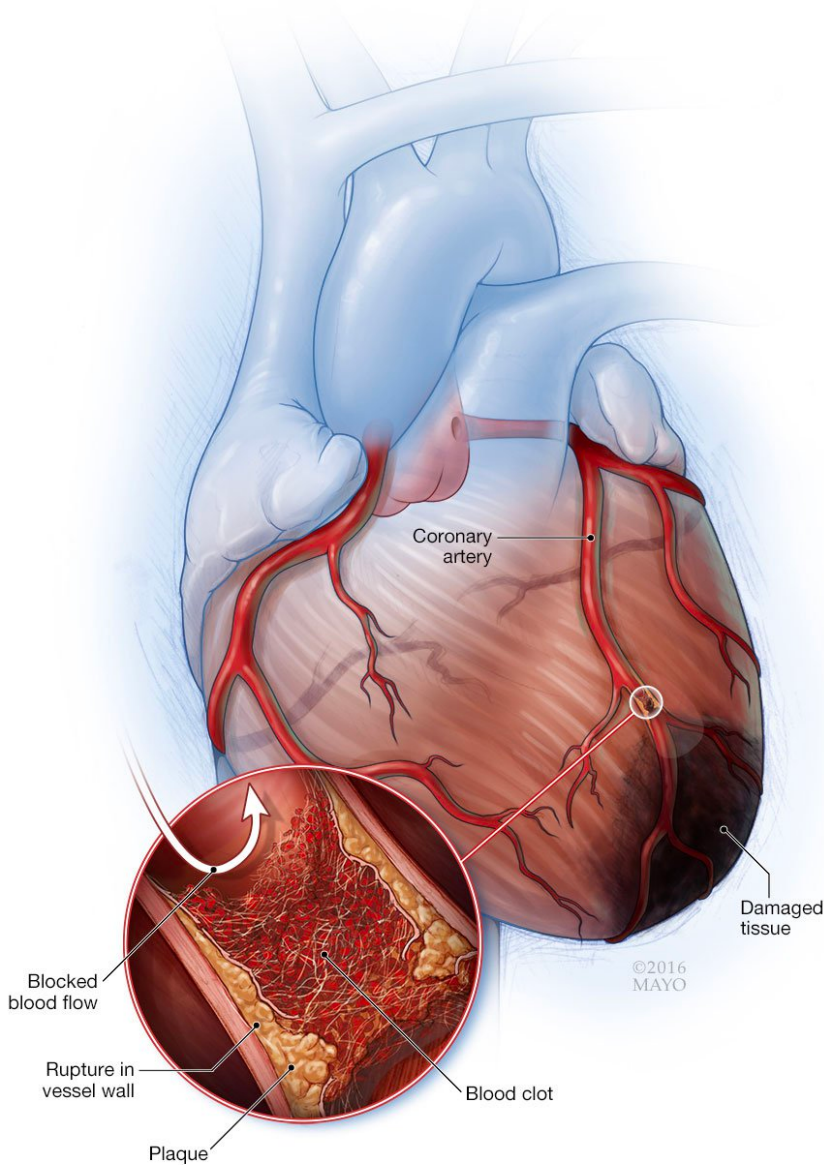


Quit smoking

Set a date to quit!
Ask your doctor for pharmacological aid. Reach out to loved ones for their support and encouragement.



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Smoking increases plaque formation in coronary arteries.

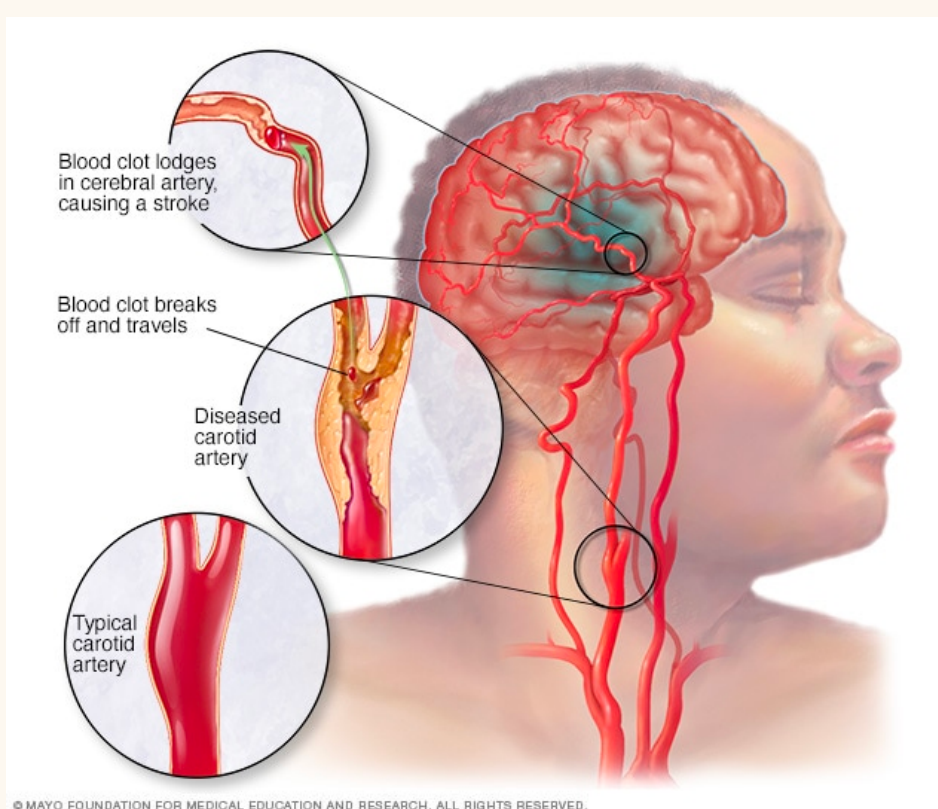
Plaque can occlude blood flow to heart muscle, leading to heart attack.

Heart attack can cause irreversible damage of the heart muscle.

Plaque can also build in carotid artery.

Blood clots may form if plaque ruptures.

The clot can travel to the brain and cause a stroke.



What occurs with cessation?

- Cardioprotective cholesterol, **HDL**, increases within 17 days and will continue to rise
- Decreased inflammation
- Life expectancy lengthens
- Stroke risk decreases
- Improved quality of life
- Reduced morbidity and mortality



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