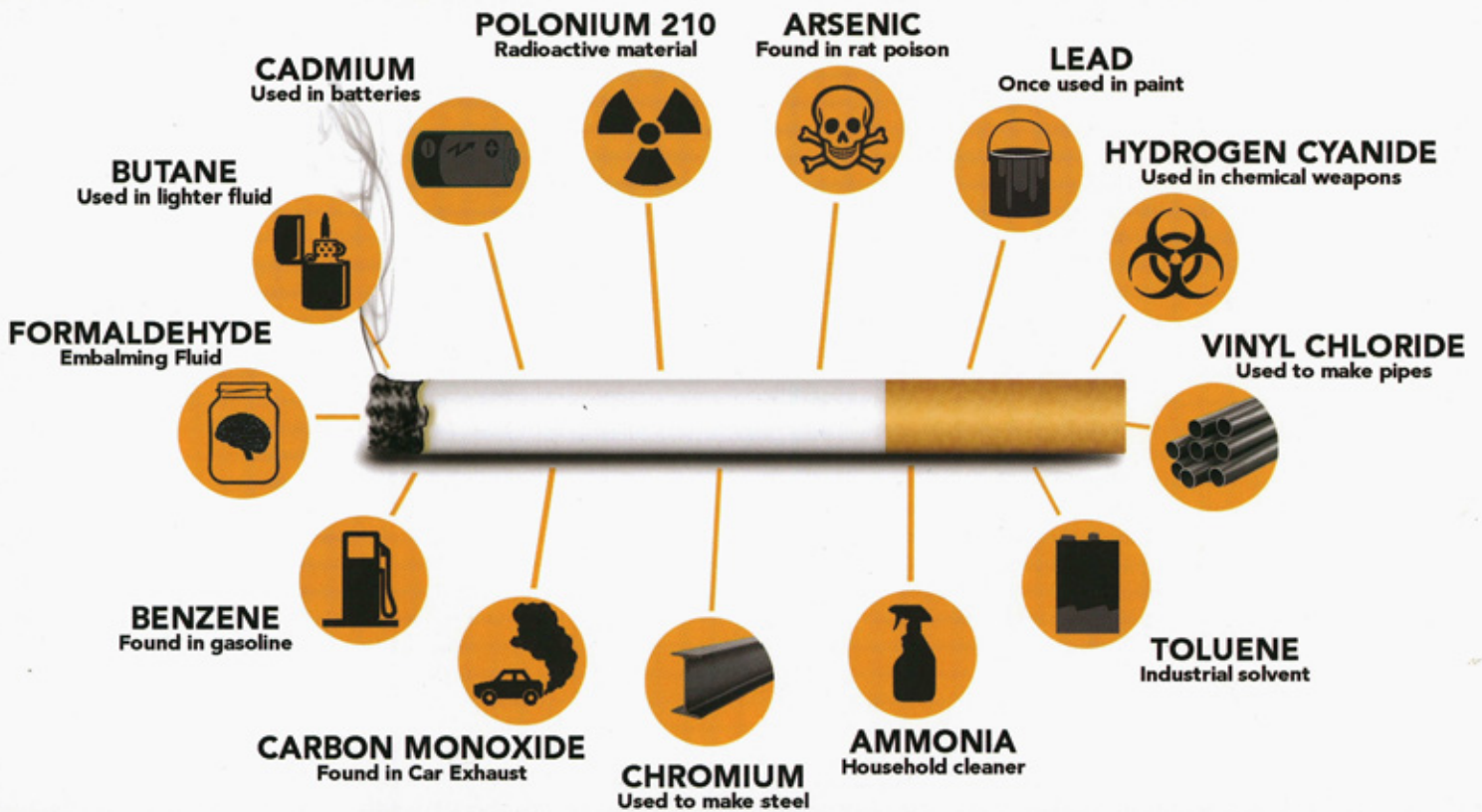


7,000 chemicals are found in cigarette smoke!



THE RISKS OF SMOKING

Adults



Cancer
Stroke
Heart Disease
Respiratory Illnesses

Unborn Infants



SIDS
Miscarriage
Premature Birth
Low Birth Weight

Children - Exposed to secondhand smoke



Bronchitis
Pneumonia
Ear Infections
Asthma Attacks

THE BENEFITS OF QUITTING

20 minutes: Heart rate and blood pressure return to normal

2 weeks - 3 months: Circulation improves, and lung function increases

1 year: The risk of a heart attack is cut in half

10 years: The risk of dying from lung cancer is cut in half

15 years: The risk of a heart attack is the same as a non-smoker.

FOR FREE, CONFIDENTIAL HELP TO QUIT SMOKING, CALL OR VISIT:

MomsQuit.com
1-888-545-5191



NEW JERSEY
QUITLINE

NJQuitline.org
1-866-NJ-STOPS