

QUITTING SMOKING HAS BEEN SHOWN TO...



Reduce inflammation in your body

Improve HDL (healthy cholesterol) levels

Reduce and slow the development
of plaque in your arteries over time

QUITTING SMOKING AFTER A DIAGNOSIS OF CORONARY ARTERY DISEASE BENEFITS YOUR HEART BY...



Reducing the risk of premature death

Reducing the risk of death from heart disease

Reducing the risk of having a first heart attack,
or another heart attack

IT'S NEVER TOO LATE TO QUIT!