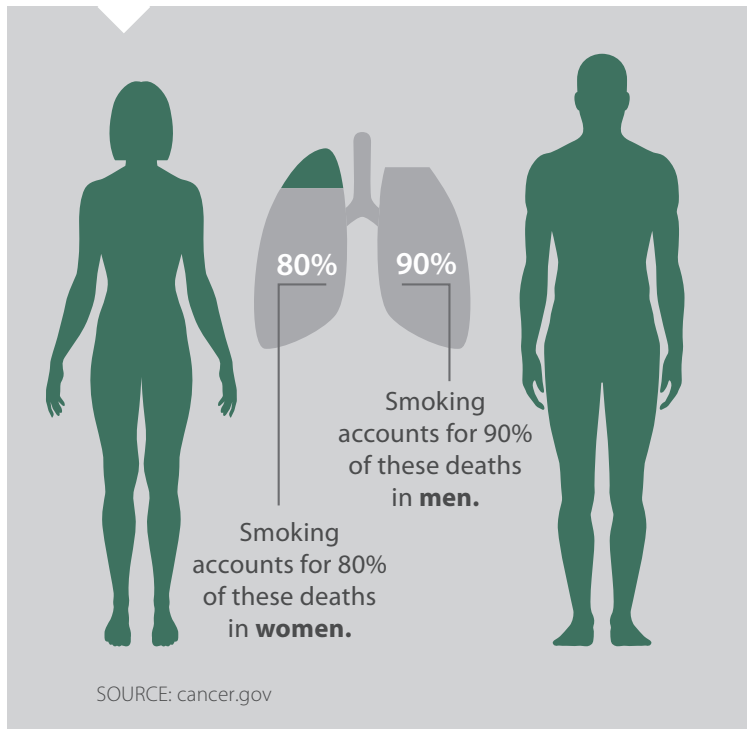


IT'S NEVER TOO LATE TO Quit Smoking

OUR JOURNEY of HOPE

TOBACCO USE IS A LEADING CAUSE OF CANCER AND OF DEATH FROM CANCER

MORE MEN AND WOMEN IN THE U.S. DIE FROM LUNG CANCER THAN ANY OTHER CANCER



Just the facts...



TOBACCO SMOKE HAS 7,000 CHEMICALS, AT LEAST 250 ARE KNOWN TO BE HARMFUL. OUT OF THOSE 250 HARMFUL CHEMICALS, 69 MAY CAUSE CANCER.

Secondhand smoke causes more than 7,300 lung cancer deaths in the U.S. each year.



Smoking may cause lots of cancers, not just lung:

- Throat
- Mouth
- Esophagus
- Stomach
- Larynx
- Liver
- Pancreas
- Kidney
- Bladder
- Cervix
- Blood
- Colon/rectal



WITHIN MINUTES OF SMOKING YOUR LAST CIGARETTE, YOUR BODY BEGINS TO RECOVER



20 minutes after quitting- Your heart rate and blood pressure drop.



12 hours after quitting- The carbon monoxide level in your blood drops to normal.



2 weeks to 3 months after quitting- Your circulation improves and your lung function increases.



1-9 months after quitting- Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.



1 year after quitting- The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.

SOURCES: cancer.gov; cancer.org; cdc.gov

Our Journey of Hope provides pastors and ministry leaders with the tools, training and support to help raise up cancer care ministries in their churches and communities.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies. - 1 Corinthians 6:19-20 (New International Version)



ourjourneyofhope.com
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Our Journey of Hope is sponsored by Cancer Treatment Centers of America® (CTCA)