



## Quitting **SMOKING** will help you live longer and better

Did you know that...?

If you stop **SMOKING** you can add up to

YEARS TO YOUR LIFE



QUITTING AGE



YEARS OF LIFE GAINED



<b>T</b>	25-34	10
<b>M</b>	35-44	9
<b>M</b>	45-54	6
T	55-64	4

Source: Steven A. Schroeder. New Evidence That Cigarette Smoking Remains the Most Important Health Hazard. N Engl J Med 2013; 368: 389-390