



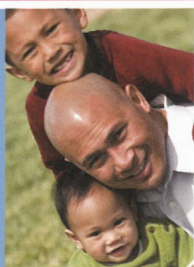
**AMERICAN  
LUNG  
ASSOCIATION®**  
Fighting for Air

## QUIT SMOKING:

Good for You,  
Good for Your Family



*"I do more things that I enjoy, and enjoy what I do more, now that I've quit!"*



## QUITTING: GOOD FOR YOU

Soon after you quit smoking:

- } You'll have more energy and less stress
- } Your eyes and throat will be less irritated
- } Your smoker's cough will go away
- } Your senses of taste and smell will return
- } You'll start to feel better within two weeks
- } You'll have fewer colds and respiratory infections

And over time:

- } Your body will repair some of the damage of smoking
- } You will reduce your risk of cancer, heart disease, emphysema, and high blood pressure.

## QUITTING: GOOD FOR BABY

There's never been a better time to quit! Quitting decreases the dangerous risks to unborn babies, which include:

- } Miscarriage and stillbirth
- } Premature delivery
- } Low birth weight

Babies born to mothers who smoked during pregnancy are at greater risk of:

- } Sudden infant death syndrome (SIDS)
- } Ear infections, colds and other lung problems

Secondhand smoke is dangerous, too. Ask people like family, friends, and babysitters not to smoke in any area near you and the baby. Stay away from places where people are smoking.