

Ready to quit smoking?



✓ What happens after you quit?*

*According to the American Lung Association (www.lung.org).



20 Minutes After

Your heart rate drops to a normal level.



12 Hours After

The carbon monoxide level in your blood drops to normal.



2 Weeks After

Your risk of having a heart attack begins to drop.



1 to 9 Months After

Your coughing and shortness of breath decrease.



1 Year After

Your added risk of heart disease is half that of a smoker's.



5 to 15 Years After

Your risk of getting a stroke is reduced to that of a nonsmoker's.

✓ We can help you quit.

These Smoking Cessation programs include the support, information and strategies needed to help you quit smoking for good.

**Richmond University
Medical Center**

An Affiliate of The Mount Sinai Health Network

For more information,
call Nancy Rooney, RN,
CTTS at (718) 818-2391.



**Staten Island
University Hospital**
Northwell Health*

For more information,
email Kerry P. Gillespie at
KGillespie@northwell.edu.



NYU

For more information,
contact (646) 501-2899 or
info.nyctt@nyumc.org.