

# Quit Smoking Start Healing

Stop smoking and your heart and lungs will begin to repair the damage caused by smoking.

- ♥ You will reduce your risk of heart disease and stroke.
- ♥ Your sense of taste may improve.
- ♥ Your sense of smell will get better.
- ♥ You will breathe easier and cough less.
- ♥ You will reduce your risk of cancer and emphysema.
- ♥ You will be free of the mess and expense of smoking.



For more information on how to stop smoking call your local hospital or:

- ♥ American Lung Association (800) 678-LUNG
- ♥ American Cancer Society (800) ACS-2345
- ♥ OCHD – Health Education Unit (248) 424-7172



Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

Source: Oakland County Health Division July 1999  
Funded by: Worksite & Community Health Promotion  
Michigan Department of Community Health