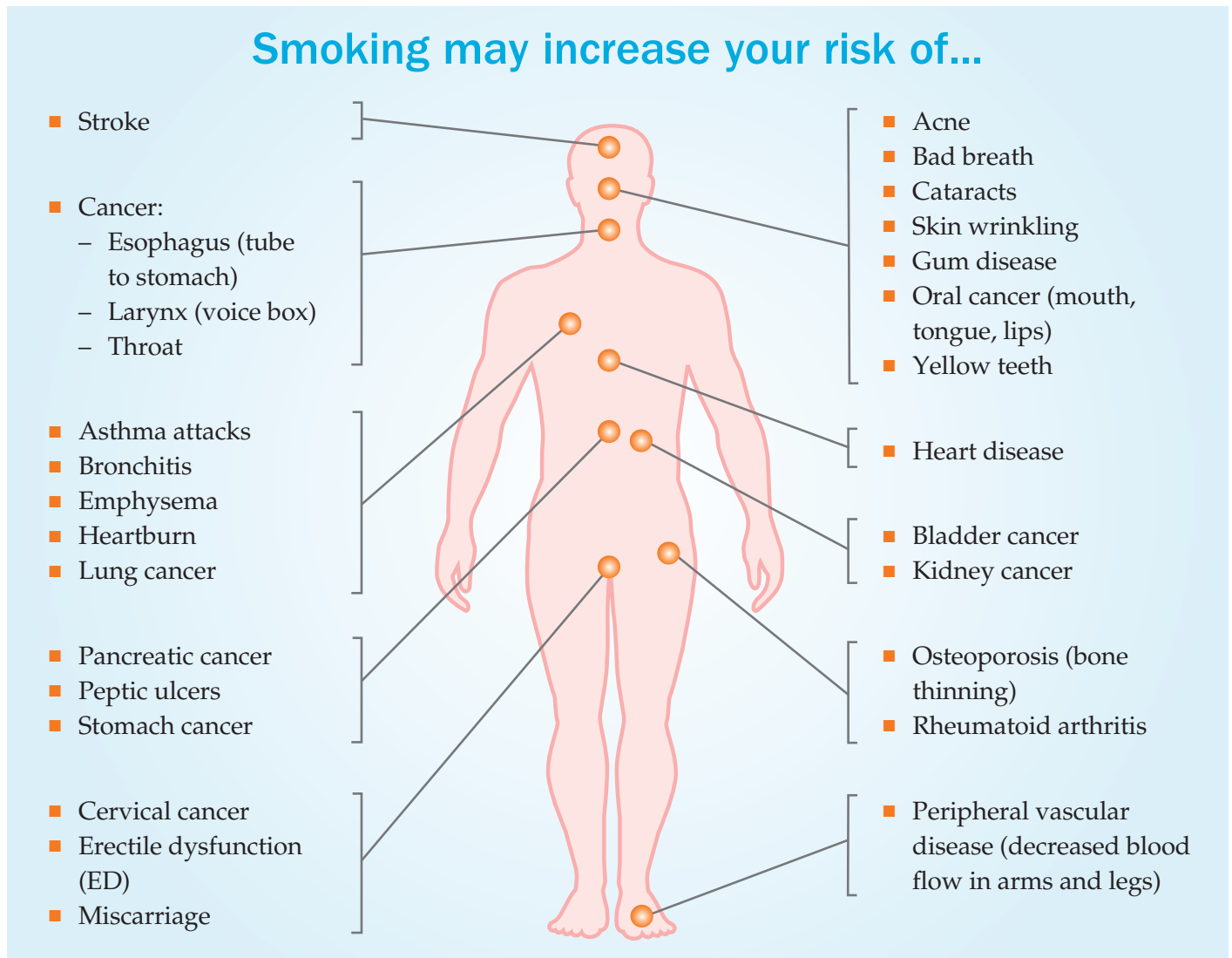


Potential effects of smoking on your body

Almost every part of your body is affected when you smoke tobacco. The picture below shows the areas of the body that smoking can affect.



Think of a goal you'd like to reach. For example, "I want to quit smoking so I won't have yellow teeth and bad breath." Circle any conditions that you're concerned about. Write down questions to ask your healthcare provider about your concerns and your goals: _____

It is never too late to stop smoking! The good news is that quitting smoking may reduce the risk of some diseases. Talk to your healthcare provider about quitting smoking and the options available to help you quit.