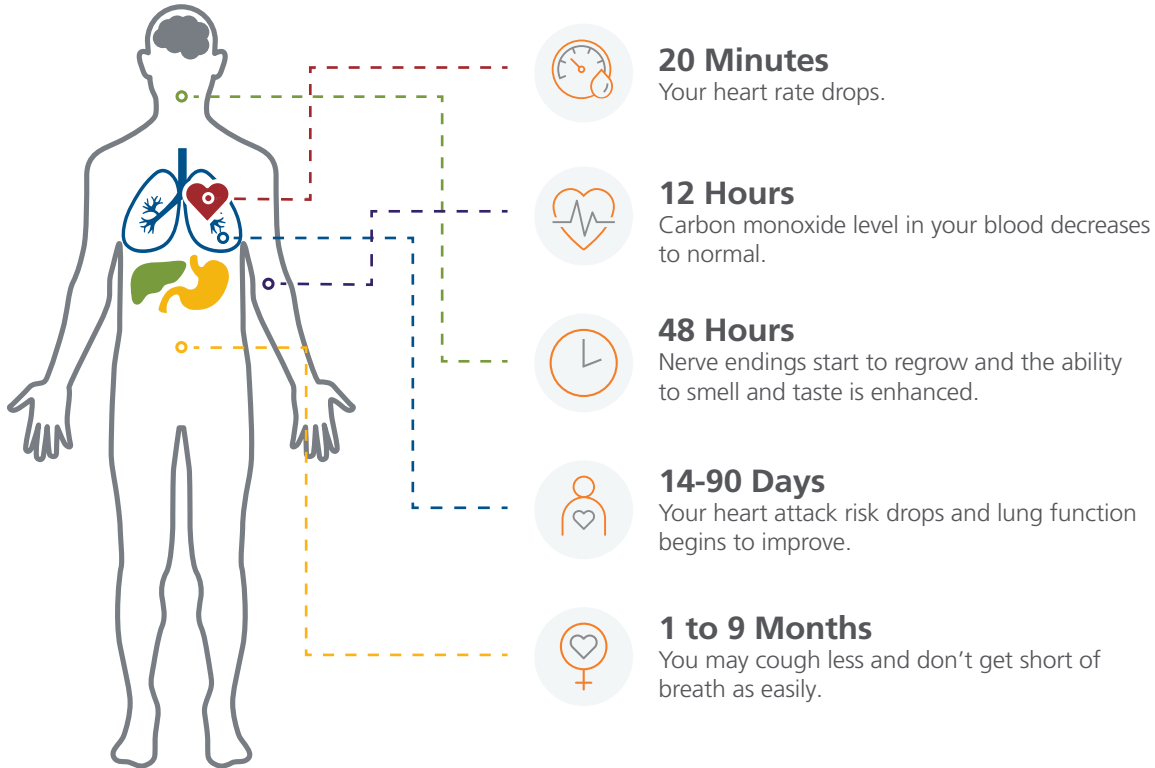


# THE POSITIVE EFFECTS OF QUITTING TOBACCO



## THE BIGGER PICTURE

### 1 YEAR

The excess risk of coronary heart disease is half that of a continuing smoker.

### 2 to 5 YEARS

Your risk of having a stroke is the same as a nonsmoker.

### 15 YEARS

Risk of coronary heart disease is the same as that of a nonsmoker.

**[myquitforlife.com/umpqua](https://myquitforlife.com/umpqua)**  
**1-866-QUIT-4-LIFE TTY 711**

#### SOURCES

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