What does avoiding **tobacco** do for you?

- **Your breath, hair, and clothes smell better.**
- **Your heart is healthier and stronger.** Quitting can lower blood pressure and heart rate almost immediately.
- **Quitting smoking can prevent permanent scarring of your lungs.**
- **Increases the oxygen in your blood; your muscles will become stronger and healthier.**
- **Reduces belly fat and lowers your risk of diabetes.** If you already have diabetes, quitting can help you keep your blood sugar levels in check.
- **Reduces your risk of bone fractures, both now and later in life.** If you do break a bone, healing time is cut in half.
- **Keeps your hearing sharp and improves your night vision.**
- **Your risk of heart attack, stroke, coronary heart disease, and emphysema all go down.**
- **Your immune system is stronger, so you’re less likely to get sick.**
- **Your blood is thinner and less likely to form dangerous blood clots.**
- **Improves blood flow to wounds, helping them heal properly.**
- **Your skin improves.** Quitting can protect your skin from premature aging and wrinkling and help clear up blemishes.

**Tobacco** is the leading preventable cause of death in the U.S.

**Tobacco** is linked to **40%** of all cancers.

Sources:
- CDC
- Smokefree.gov