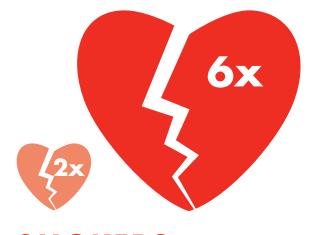
SMOKING

About 15 percent of American women smoke.

Smoking is a major risk factor for heart disease

— but it's one that you can control. Find tools
to help you quit at women.smokefree.gov.

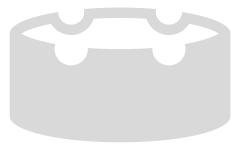






SMOKERS ARE TWO
TO SIX TIMES MORE LIKELY
TO SUFFER A HEART ATTACK

NON-SMOKERS

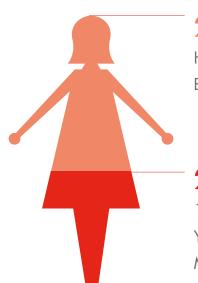


\$4.80 AVERAGE PRICE OF

A PACK OF CIGARETTES

MORE THAN \$1,700

HOW MUCH YOU COULD SAVE
IN ONE YEAR IF YOU QUIT A
PACK A DAY HABIT



2012
HEART DISEASE RISK

BEFORE YOU QUIT SMOKING

2013

1 YEAR AFTER QUITTING, YOUR RISK MAY DROP BY MORE THAN HALF

Sources

- National Center for Health Statistics. (2014). National Health Interview Survey
- National Heart, Lung, and Blood Institute. (2005). Your guide to a healthy heart.
- Centers for Disease Control and Prevention. (2011). Fact sheet: economic facts about U.S. tobacco production and use.
- U.S. Public Health Service, National Center for Chronic Disease Prevention and Health Promotion. (2004). The health consequences of smoking a report of the Surgeon General.

