



It's Never Too Late to Quit Smoking:

THE BENEFITS OF SMOKING CESSATION FOR OLDER ADULTS

"I have been smoking for 40 years. The damage has already been done."

"Why shouldn't I enjoy my cigarettes? It doesn't matter at my age."

The truth is that it does matter.

Quitting smoking has many benefits and can **save you a lot of money**. The benefits are true even if you are older and have smoked for a long time. After you stop smoking, your body will begin to heal, no matter how old you are.

Some of the benefits can be:

- Fewer colds, flu, lung infections and sinus problems
- Helps reduce or prevent heart failure symptoms
- More energy
- Helps improve skin tone and help wounds heal faster
- Easier breathing
- Lower risk of erectile dysfunction
- Potentially lower insurance rates

We know its hard! There is Help.

Even if you are just considering quitting, talk with your doctor, or call a Quitline.

Quitlines provide free coaching over the phone to help you quit smoking.

- Call **1-800-QUIT-NOW** to speak confidentially with a highly trained quit coach.
- Quitlines provide many of the services and support you get in a stop-smoking class or from your doctor.
- Coaching help is available in several languages.

CALL TO TALK TO A FREE QUIT SMOKING COACH TODAY!

1-800-QUIT-NOW
(1-800-784-8669)

In Spanish:
1-855-DÉJELO-YA
(1-855-335-3569)



SCAN ME
for CDC
Quitline video



SCAN ME
for a brief video
highlighting
It's Never Too Late

