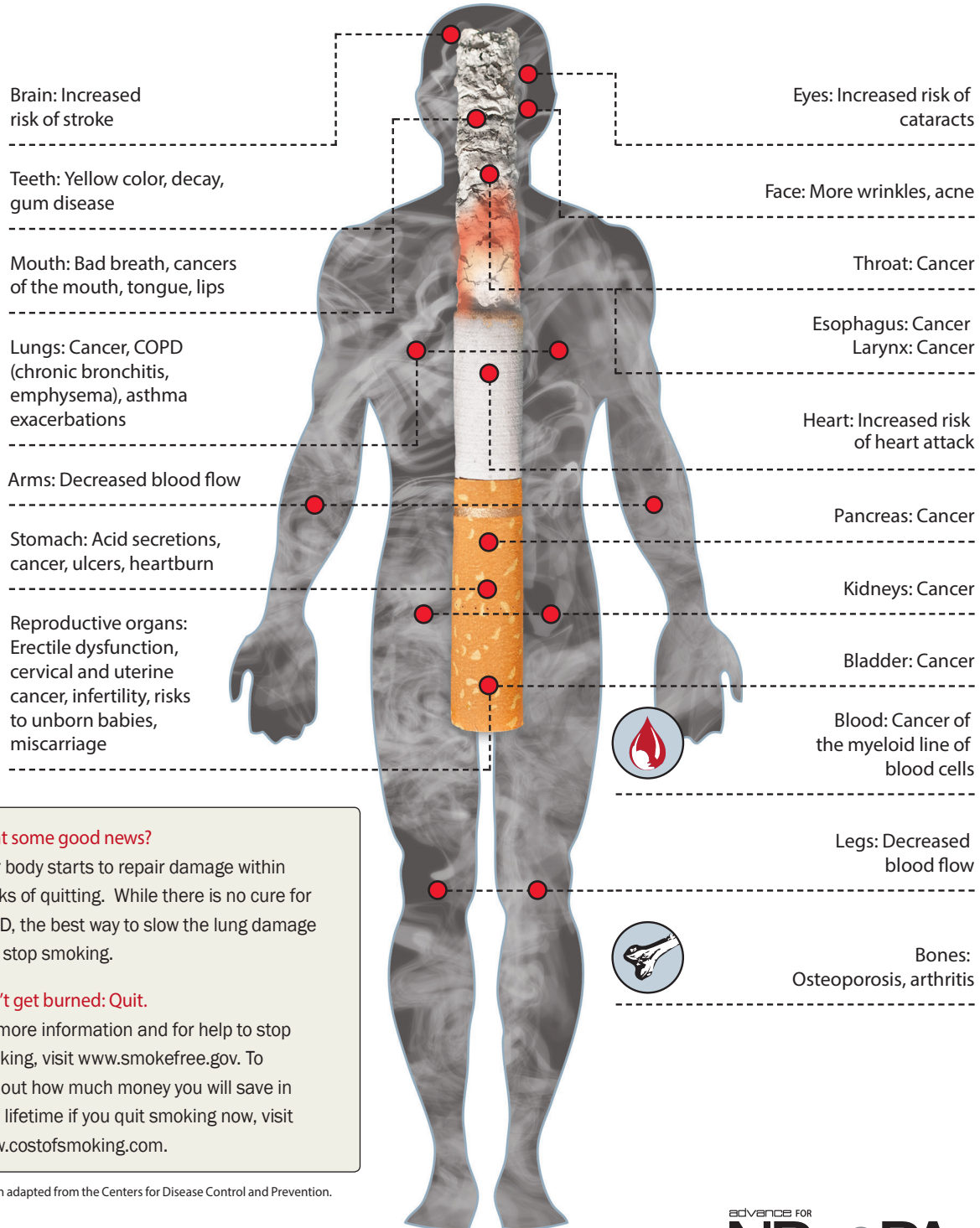


It Burns You Up

Effects of cigarette smoking on your body

For more info, call Health Education:
(415) 391-9686 ext. 5843

When you smoke, it's not just your lungs that suffer. Chemicals from cigarettes do damage to almost every part of your body. Take a look:



Want some good news?
Your body starts to repair damage within weeks of quitting. While there is no cure for COPD, the best way to slow the lung damage is to stop smoking.

Don't get burned: Quit.
For more information and for help to stop smoking, visit www.smokefree.gov. To find out how much money you will save in your lifetime if you quit smoking now, visit www.costofsmoking.com.

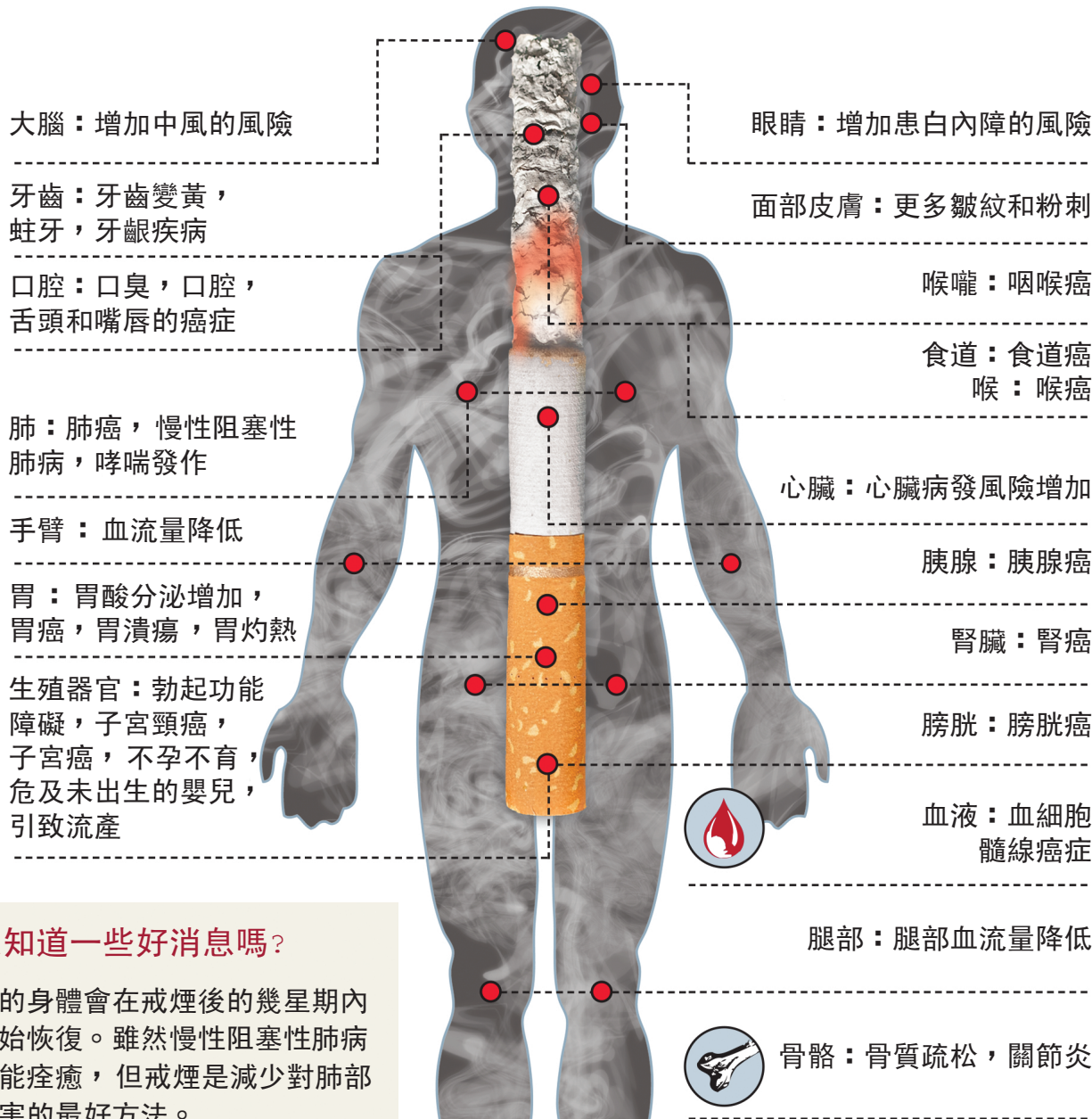
Information adapted from the Centers for Disease Control and Prevention.

View and print this and other patient handouts on our website, www.advancweb.com/NPPA. All handouts are posted in English and Spanish.

香煙會燃燒您的身體

吸煙對您身體的影響

當您吸煙時，受到傷害的不只是您的肺部，香煙裡的毒素幾乎會損壞您身體的每一部份。我們來看一看：



想知道一些好消息嗎？

您的身體會在戒煙後的幾星期內開始恢復。雖然慢性阻塞性肺病不能痊癒，但戒煙是減少對肺部傷害的最好方法。

Information adapted from the Centers for Disease Control and Prevention.

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).
Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。
Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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