

HOW DOES SMOKING AFFECT YOUR LUNGS?

Smoking causes increased risk of:

- Chronic cough
- More mucus
- Shortness of breath
- Wheezing
- Lung cancer
- Pneumonia
- Asthma

STOP SMOKING AND YOU WILL:


- Breathe easier
- Decrease in mucus
- Decreased wheezing
- Reduced risk of lung cancer


Talk to your healthcare provider about how smoking may have affected your and your children's health.



Smoking Cessation Resources:


New York State Smokers' Quitline

 1-866-NY QUILTS


 1-866 697-8487

Local Resources

Queens Hospital Center

 718-883-4209

Elmhurst Hospital Center

 718-334-2550