

DID YOU KNOW SMOKING AFFECTS THE WAY YOU LOOK?

Smoking:

- Makes your skin look ashy, pale, and wrinkled.
- Delays healing process of wounds.

WHEN YOU QUIT SMOKING:

- Wounds heal faster
- Reduce wrinkles
- Healthy/glowing skin

Talk to your health care provider about how smoking can affect your skin.

Smoking Cessation Resources:

New York State Smokers' Quitline

☎ 1-866-NY-QUITS

☎ (1-866-697-8487)

Local Resources

Queens Hospital Center

☎ 718-883-4209

Elmhurst Hospital Center

☎ 718-334-2550



QUEENS QUILTS!