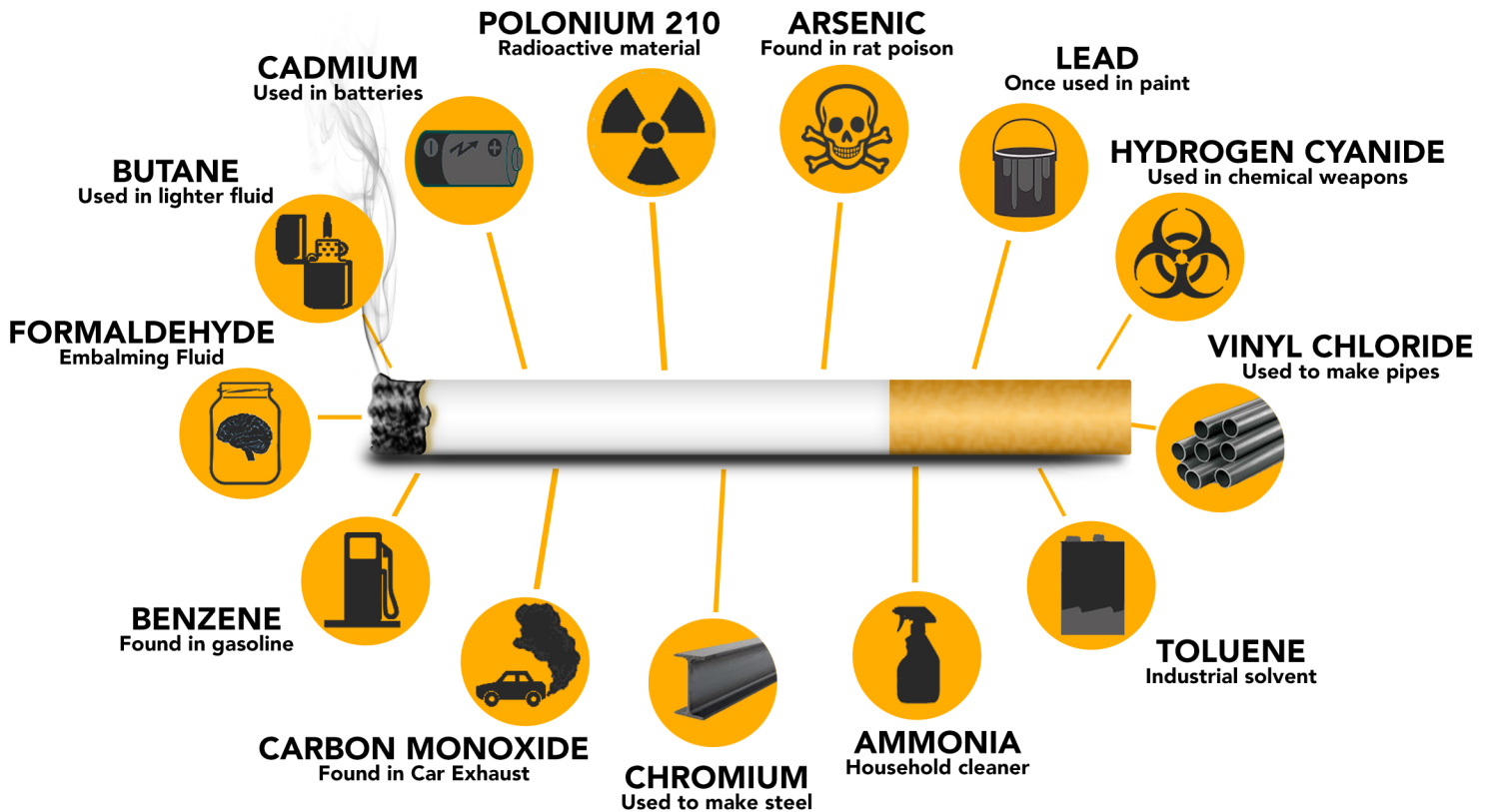


# 7,000

# chemicals are found in cigarette smoke!



## THE RISKS OF SMOKING

### Adults



**Cancer**  
**Stroke**  
**Heart Disease**  
**Respiratory Illnesses**

### Unborn Infants



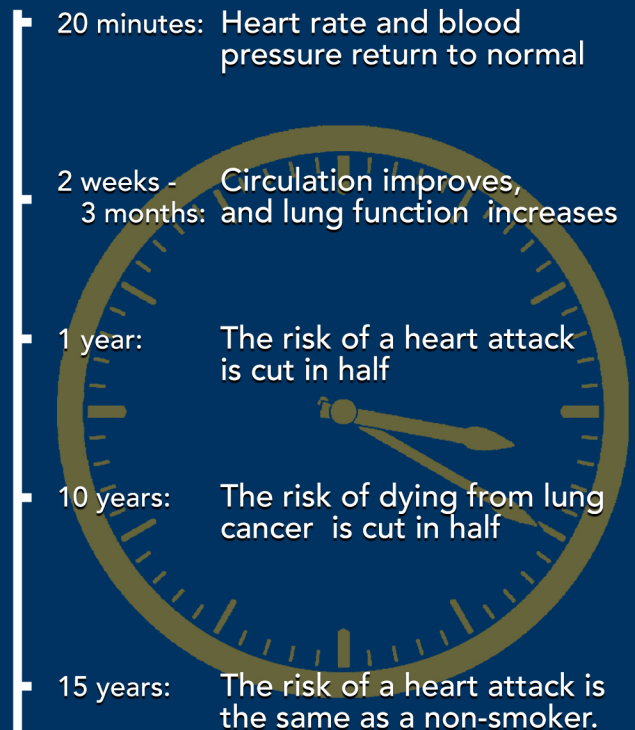
**SIDS**  
**Miscarriage**  
**Premature Birth**  
**Low Birth Weight**

### Children - Exposed to secondhand smoke



**Bronchitis**  
**Pneumonia**  
**Ear Infections**  
**Asthma Attacks**

## THE BENEFITS OF QUITTING



**FOR FREE, CONFIDENTIAL HELP TO QUIT SMOKING, CALL OR VISIT:**

MomsQuit.com  
1-888-545-5191



**NEW JERSEY**  
**QUITLINE**

NJQuitline.org  
1-866-NJ-STOPS