

IT'S NEVER TOO LATE TO TAKE A DIFFERENT PATH

Quit smoking today and slow the progression of your COPD



Quitting smoking at any age can have a positive impact on your COPD symptoms and reduces your risk of many other diseases. While it's not always easy to quit, it's worth it.
And so are you.

You can't always do it alone.
Succeed together with the support
of our COPD community
at www.copd360social.org

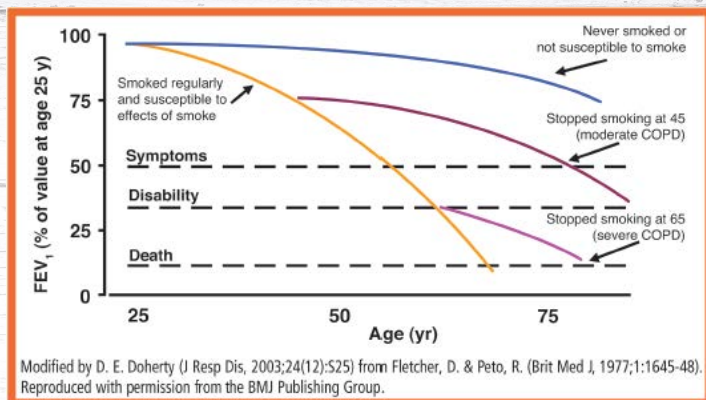
COPD360social
IT'S OUR COMMUNITY ONLINE

It's Never Too Late to Quit Smoking

Your Recipe For Success

- 2 cups Decide to quit
- 3/4 cup Choose a quit date
- 1 pkg Set up your tool box
- 2 tsp Make a cravings plan
- 1/2 Tbsp Consider social support
- 12 oz Call yourself a nonsmoker
- 1 gal Celebrate the changes in your health

Ask your health care provider about the different options available to help you quit smoking. You can try patches, gum, medication, and many more. *(But stay away from vaping and e-cigarettes. They often do more harm than good when you're trying to quit.)* Not every tool works for everyone, so keep trying until you find what works for you.



AGE If you're a smoker:

- 25** Even healthy lungs lose function as you age. Nearly 25% of people with COPD have never smoked.¹
- 35**
- 45** You may start to have symptoms of COPD. By quitting smoking you are less likely to develop significant COPD symptoms.
- 55**
- 65** You can slow the progression of your COPD by quitting, but lung function may not return to normal.
- 75** Quit smoking now to help slow the loss of lung function. Its never too late to lessen the progression of your COPD.

¹Syamlal, G., Doney, B., and Mazurek, J. Chronic Obstructive Pulmonary Disease Prevalence Among Adults Who Have Never Smoked, by Industry and Occupation — United States, 2013–2017. MMWR. 2019;68(13):303–307. https://www.cdc.gov/mmwr/volumes/68/wr/mm6813a2.htm?s_cid=mm6813a2_w



COPD FOUNDATION
Take Action Today. Breathe Better Tomorrow.