

WORLD NO TOBACCO DAY

Smoking may be the most **important modifiable risk factor** in preventing a stroke.
About 15% of all stroke related deaths each year are linked to smoking.

If you're trying to quit...

- Include friends and family members in your lifestyle change
- Make a list of all your reasons to quit and post this where you will see it often
- Talk to your doctor about aides to help you quit

1-800-QUIT-NOW

www.cdc.gov/tips

2023 Stroke Awareness Month