

Help yourself recover from TB!

If you completely stop smoking now:

After 10 Years

You have doubled your chances of not getting lung cancer

After 15 Years

You have completely eliminated smoking-related risk of heart disease and stroke

Within 6 Months

You will be more likely to be cured of TB

After 12 Months

You will be more likely not to catch TB again

Within 1 Month

You'll cough less and you will be able to breath more easily

