

## Beneficios a corto plazo



## Beneficios a largo plazo



Dejar de fumar

1. CDC. Surgeon General Report 2004: [http://www.cdc.gov/tobacco/sgr/sgr\\_2004/sgranimation/flash/index.html](http://www.cdc.gov/tobacco/sgr/sgr_2004/sgranimation/flash/index.html).  
 2. American Cancer Society. Guide to Quitting Smoking. Available at: <http://www.cancer.org>. Accessed June 2006.  
 3. US Department of Health & Human Services. The Health Benefits of Smoking Cessation: A Report of the Surgeon General. Centers for Disease Control and Prevention (CDC), Office on Smoking and Health. 1990. Available at: <http://profiles.nlm.nih.gov/NN/B/B/C/T/>. Accessed July 2006.