

## QuitSmokingSupport.com - Excellent Support Available to Help You to Quit Smoking.

**Toronto, Feb 18, 2019 ([IssueWire.com](http://IssueWire.com))** - Smoking is linked to a multitude of diseases, including cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking harms nearly every organ of the body, causing many diseases and seriously affects the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones. The benefits of quitting smoking begin in a matter of hours after that last cigarette. Most of the health effects start to reverse after you quit smoking.

It's not only inhaled smoke that causes damage to health. Secondhand smoke exposure contributes to thousands of deaths among non-smoking adults. This secondhand smoke causes stroke, lung cancer, and coronary heart disease in adults. Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, middle ear disease, more severe asthma, respiratory symptoms, and slowed lung growth.

Since 1989, QuitSmokingSupport.com has been providing excellent support, information and encouragement helping hundreds of thousands of people to successfully quit smoking.

Our web site has been featured, written about and profiled in the following popular web sites and magazines: Los Angeles Times, Toronto Star, USA Today, New York Times, New York Post, New York Sun, The Seattle Times, Chicago Tribune, Daily Herald, Florida Today, Fitness, Cosmopolitan Magazine, Prevention Magazine, Men's Fitness, Men's Health, Health, Psychology, Osaka Japan's Daily Newspapers, Readers Digest ~ Looksmart, Starting Point, MSNBC.com, MSN.com, Yahoo Internet Life (Online & Print), PC World Online, PC World News, Sympatico Network, Internet World, Netguide, Netguide Now, The Minnesota Daily, CNN, CBC Radio - Vancouver, BBC - UK, Computer Currents Magazine, St. Petersburg Times, Internet News, Cool Canadian Site of the Day, Britannica's Internet Guide, AskMe.com, Psychology Today, Argus Clearinghouse, and Readers Digest Online.

QuitSmokingSupport.com contains over 150 pages of excellent information and new information is added weekly.

Please plan to visit our website if you or someone you care about is interested in quitting smoking.

### Media Contact

QuitSmokingSupport

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