

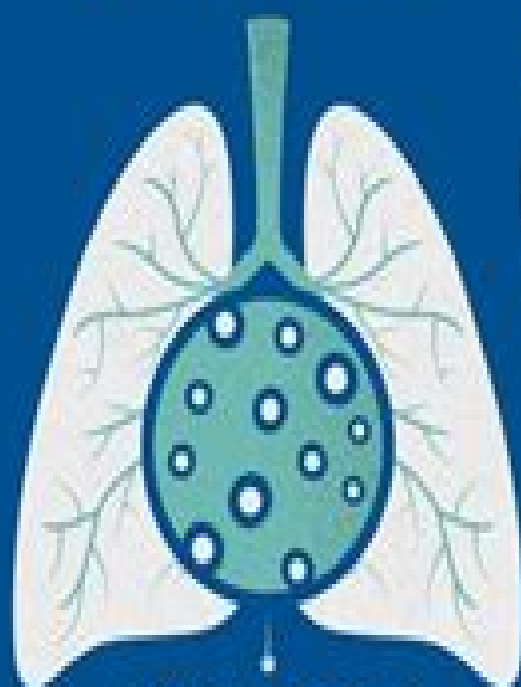
# Why it's never too late to stop smoking

Protective cells cut the risk of lung cancer in ex-smokers

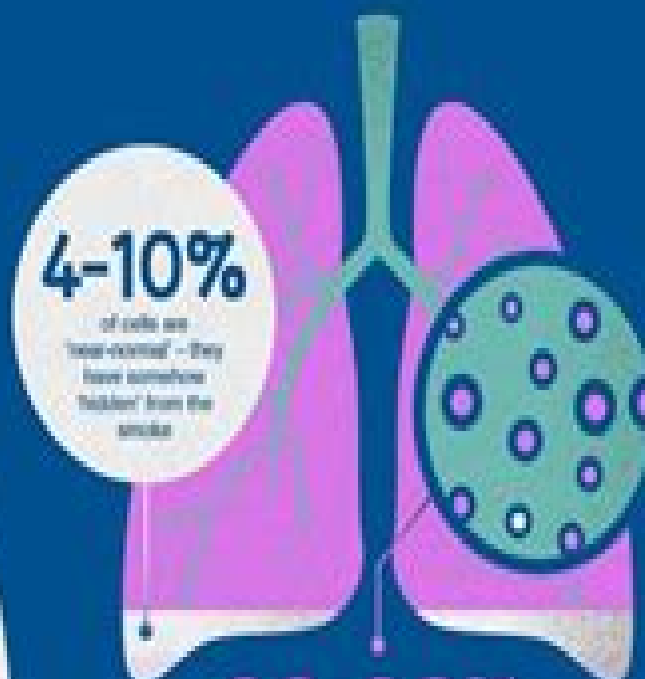
smokers

never smoked

ex-smokers



**100%**  
of cells are 'near-normal'



**4-10%**

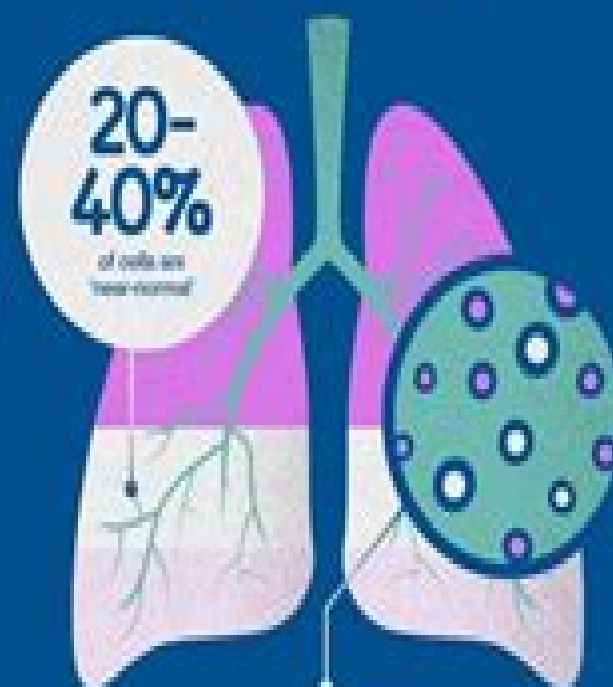
of cells are  
'near-normal' – they  
have somehow  
'hidden' from the  
smoke

**90-96%**

of lung cells have up to

**10,000**

extra mutations compared  
with non-smokers



**20-40%**

of cells are  
'near-normal'

**4x**

more 'near-normal' cells than  
smokers. These cells may wake  
up when people stop smoking  
and start to actively repair the  
lungs to protect against cancer

# Smokers Are People Too

**Daniela Niemeyer**



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