

Smoking and MS: Never too late to quit



- * Quitting can slow your MS progression.
- * Quitting helps improve your emotional well-being.

We know this from 8000 real-life experiences recorded in the UK MS Register.

**Talk to your MS Team about quitting now.
And start to feel the benefit.**



**Join the UK MS
Register now.**

Read more at
mstrust.org.uk/smoking

