

The Facts about Smoking

- Every cigarette shortens your life by 10 minutes
- Cigarettes contain the poisons of arsenic, ammonia, cyanide and formaldehyde!
- About 60% of the 40,000 chemicals in each cigarette may cause cancer!
- 45% of all smokers die of tobacco related cancers
- Roughly 300 Americans and 1,200 persons in the world die daily from smoking related illnesses
- Cigarette smoke is the chief contributor of emphysema and bronchitis
- Secondhand smoke affects others health (children, family, friends) resulting in increased respiratory problems and an increased risk of lung cancer
- Smoking by itself plus second hand smoke affects sexual performance!
- Smoking affects pregnancy with an increase in miscarriages, smaller babies and medical problems for the mother
- Thousands of adults quit using tobacco every day!