



The TRUTH About Smoking:

- Smoking is the world's single biggest preventable cause of death.
- Cigarettes contain thousands of identified toxic chemicals, many which are known to cause cancer.
- Smoking is linked to heart disease high blood pressure, stroke, lung disease, and various cancers (lung, mouth, throat, esophagus, larynx, pancreas, stomach, kidney, bladder, cervix, and acute myeloid leukemia.)
- Smoking is directly responsible for 87 % of lung cancer cases and causes most cases of emphysema and chronic bronchitis.
- Tobacco claims 4.9 million lives worldwide a year.
- More than 450,000 people die each year in the United States from smoking related illnesses.
- Second-hand smoke contains thousands of identified chemicals, many which are known to cause cancer or are otherwise toxic.
- Exposure to second-hand smoke kills and results in asthma in children.
- Smoking costs the United States approximately \$97.2 billion each year in health-care costs and lost productivity.

♥ YOU CAN SUCCESSFULLY STOP SMOKING!

If you or a loved one smokes, found out how to STOP.

Call 978-283-4258 today

Additional resources with information to help you STOP SMOKING:

- ♥ American Lung Association 1-800-LUNGUSA or www.lungusa.org
- ♥ American Cancer Society 1-800-227-2345 or www.cancer.org
- ♥ National Cancer Institute's smoking cessation 'Quitline' at 1-877-448-7848 or www.smokefree.gov
- ♥ Centers for Disease Control and Prevention 1-800-232-1311 or www.cdc.gov/tobacco