

# SMOKING

## YOU CAN BE PROUD TO BE A QUITTER

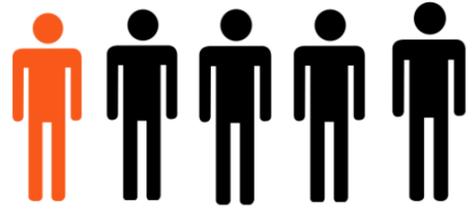
Smoking is addictive and generally can't be quit "cold turkey". Smokers often need the help of a program like American Lung Association's "Freedom From Smoking". Having support from family and friends can make all the difference too.

### Smoking Facts



Smoking is the leading cause of preventable death in the United States.

It causes 480,000 deaths each year (or 1 out of every 5 deaths).



There are over 7,000 chemicals in one cigarette, including over 69 known carcinogens (causes of cancer), rat poison, the active ingredient in battery acid and nail polish remover.



chemicals



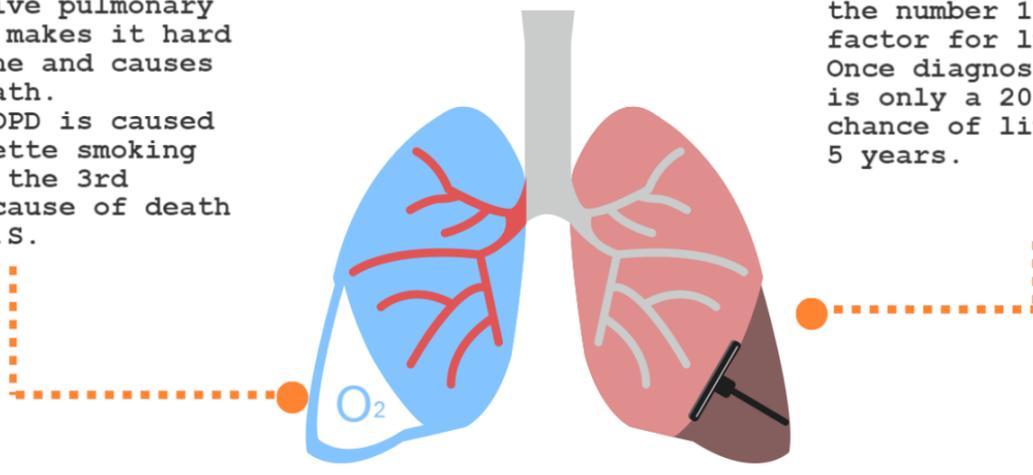
nail polish remover



toilet cleaner

### Effect on the Lungs

COPD (chronic obstructive pulmonary disease) makes it hard to breathe and causes early death. 80% of COPD is caused by cigarette smoking and it's the 3rd leading cause of death in the U.S.



Cigarette smoking is the number 1 risk factor for lung cancer. Once diagnosed, there is only a 20 percent chance of living beyond 5 years.

### Staying smoke free will give you a whole lot more of everything

More Energy



Better Looks



Better Health



Family



More Money



More Life

