

THE NEGATIVE

IMPACT

OF SMOKING



SMOKERS DIE SIGNIFICANTLY
EARLIER THAN NON-SMOKERS:
13.2 years for men
14.5 years for women

TOBACCO IS THE LEADING CAUSE
OF LOST PRODUCTION TIME.

GREATER THAN ALCOHOL ABUSE
OR FAMILY EMERGENCIES.



DEATHS CAUSED BY SECONDHAND SMOKE EACH YEAR:

LUNG CANCER

3,000

HEART DISEASE

46,000



Smoking is the leading cause of preventable death
in the United States, accounting for approximately

443,000 DEATHS, OR 1 IN EVERY
5 DEATHS, EACH YEAR.



THE POSITIVE

BENEFITS

OF QUITTING

YOU'LL SAVE MONEY:

The average cost of a pack of cigarettes: \$5.67

THAT'S:

\$40 PER WEEK



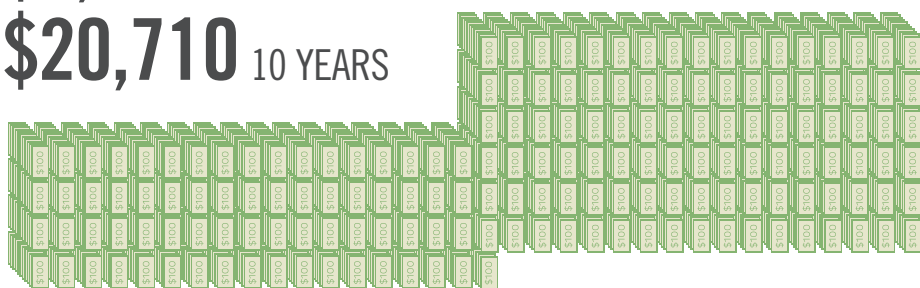
\$172 PER MONTH



\$2,071 PER YEAR

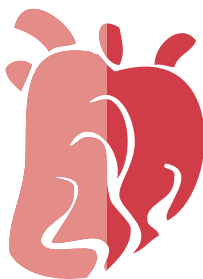


\$20,710 10 YEARS



ENERGY LEVELS INCREASE:

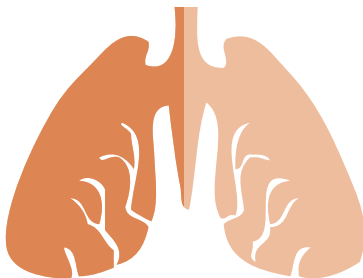
AN INCREASED AMOUNT OF OXYGEN IN THE
BLOODSTREAM MEANS YOU'LL HAVE MORE ENERGY.



REDUCED HEALTH RISKS:

After one year, the risk of a heart attack is **cut in half**.
After ten years, the risk of a heart attack is at the same
level as non-smokers.

In just 24 hours carbon monoxide is eliminated
from the body and tar starts to clear out. After ten
years, the risk of lung cancer is **cut in half**.



FOOD TASTES BETTER:

Without the smoke to
interfere with your taste
buds and sense of smell,
food will taste more
delicious than ever!



Sources:
American Lung Association: www.lung.org
Center for Disease Control & Prevention: www.cdc.gov
American Cancer Society: www.cancer.org
National Cancer Institute: www.cancer.gov

The Negative Impact of Smoking

Smokers die significantly earlier than non-smokers:

- 13.2 years for men
- 14.5 years for women

Tobacco is the leading cause of lost production time. Greater than alcohol abuse or family emergencies.

Deaths caused by secondhand smoke each year:

- Lung Cancer – 3,000
- Heart Disease – 46,000

In Ohio alone, the economic cost due to smoking is over \$9 billion. Smoking is the leading cause of preventable death in the United States, accounting for approximately 443,000 deaths or one in every five deaths, each year.

The Positive Benefits of Quitting

You'll save money:

- The average cost of a pack of cigarettes: \$5.67
- That's:
 - \$40 per week
 - \$172 per month
 - \$2,071 per year
 - \$20,710 in 10 years

Energy levels increase: An increased amount of oxygen in the bloodstream means you'll have more energy.

Reduced health risks:

- After one year, the risk of a heart attack is cut in half. After ten years, the risk of a heart attack is at the same level as non-smokers.
- In just 24 hours carbon monoxide is eliminated from the body and tar starts to clear out. After ten years, the risk of lung cancer is cut in half.

Food tastes better: Without the smoke to interfere with your taste buds and sense of smell, food will taste more delicious than ever!

Sources:

- American Lung Association: www.lung.org
- Center for Disease Control & Prevention: www.cdc.gov
- American Cancer Society: www.cancer.org
- National Cancer Institute: www.cancer.gov