



SAY NO TO SMOKING OR PAY THE CONSEQUENCE!



Increased Health Risks

Smokers face a substantial increase in their risk for a number of diseases over those who don't smoke

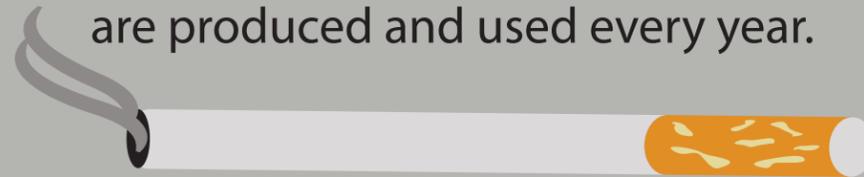
- Coronary heart disease: 2 to 4 times
- Stroke 2 to 4 times
- Lung Cancer Risk for Men: 25 times
- Lung Cancer Risk for Women: 25.7 times
- Death from chronic obstructive pulmonary disease (COPD): 12 to 13 times

Smoking is causing death and it's rising!

There are 1.3 billion smokers in the world today, according to the World Health Organization (WHO).¹

If the trend continues, that number is expected to increase to 1.6 billion by the year 2025.

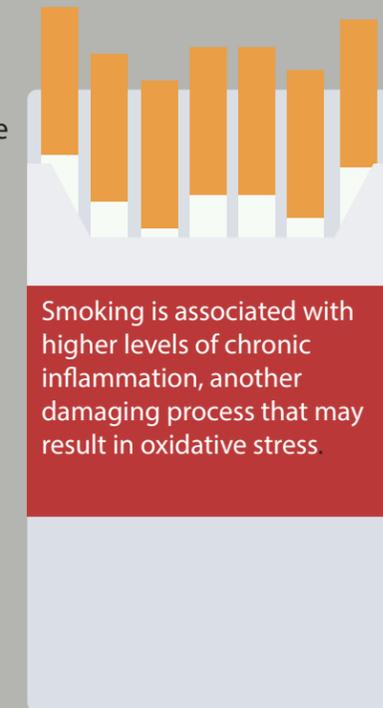
Worldwide, around 10 million cigarettes are purchased per minute, 15 billion are sold per day, and upwards of five trillion are produced and used every year.



Toxic Ingredients in Cigarette Smoke!

Nicotine

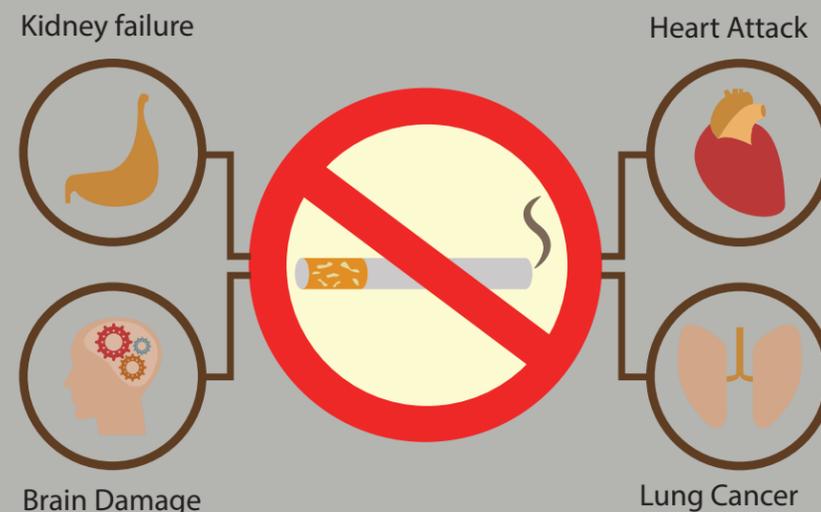
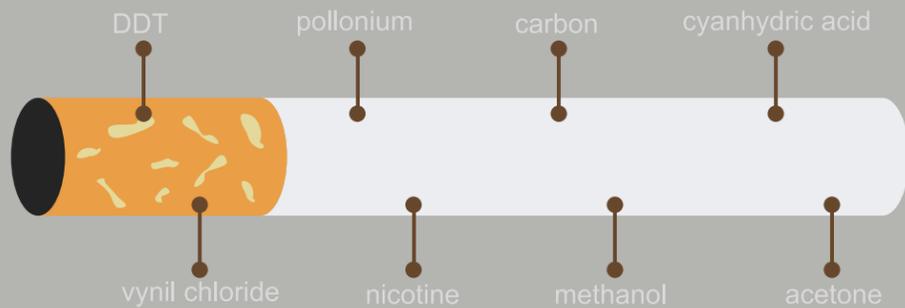
A typical cigarette can contain anywhere from 8 to 9 milligrams of nicotine. By contrast, the nicotine content in a cigar can run anywhere from 100 milligrams to 400 milligrams



Tobacco

There are more than 4,000 chemicals in tobacco smoke, of which more than 250 are known to be harmful, more than 50 are known to cause cancer, and 11 are classified as Group I carcinogens

Materials in a Cigarette



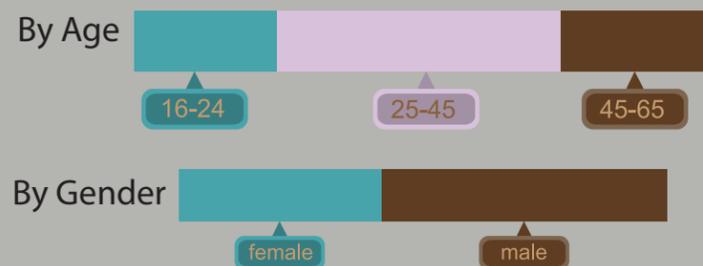
Cigarette smoking and Deaths

- Lung cancer is largely a smoker's disease; 90% of men and 80% of women who are diagnosed with lung cancer had smoked.



- Benzene is a major cause of acute myeloid leukemia. Not surprisingly, cigarette smoke is the major source of benzene. Among smokers in the United States, 90% of their benzene exposure will come from cigarettes
- One-third of all cancer-related deaths are due to smoking.
- More than 41,000 die per year from exposure to secondhand smoke.

Who Smokes?



<https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Tobacco/data>
<https://www.verywellmind.com/disturbing-world-smoking-facts-2825336>
<https://www.verywellmind.com/facts-and-statistics-about-cigarette-smoking-2825328>