

CIGARETTES ARE BAD NEWS!

CIGARETTES CONTAIN CANCER-CAUSING TARs and particles that clog your airways and prevent your lungs from naturally cleaning themselves. If you smoke one pack of cigarettes a day for one year, your body absorbs about one pound of tar!

Cigarette smoke contains carbon monoxide, a gas that pushes oxygen out of your system and lowers your energy level. This is the same gas that comes out of your car exhaust!

Cigarettes contain DDT, arsenic, formaldehyde, strychnine, freon, cyanide, and over four thousand other chemicals!

ONE OUT OF EVERY SIX DEATHS IN THE UNITED STATES can be linked to smoking—over 419,000 deaths each year. Thirty percent of all people who die from cancer are smokers.

THERE IS A DIRECT LINK BETWEEN LUNG CANCER AND SMOKING.

Most individuals who get lung cancer are smokers.

About five hundred people die each day from cardiovascular diseases connected with smoking.

SMOKING IS RESPONSIBLE FOR OVER ONE MILLION CASES of chronic bronchitis and emphysema each year.

The Surgeon General's Report shows that smoking can be harmful to nonsmokers exposed to the cigarette smoke—especially those with asthma and other lung diseases.

WOMEN WHO SMOKE TYPICALLY HAVE LOWER BIRTHWEIGHT BABIES.

Smoking has also been shown to increase the chance of Sudden Infant Death Syndrome.

You're in the process of thinking about quitting smoking. When you are ready to quit, please return to the pharmacy where you received this information. Our pharmacists have been trained and certified by the University of Pittsburgh National Smoking Cessation Certification Program. They have information packets designed to give you specific answers to all your smoking cessation questions. In addition, they will be able to advise you on nicotine replacement products, teach you effective ways to deal with temptations, and give you the support you need to be successful in quitting smoking.

Children of smokers have more cases of colds, upper respiratory infections, ear infections, and asthma.