

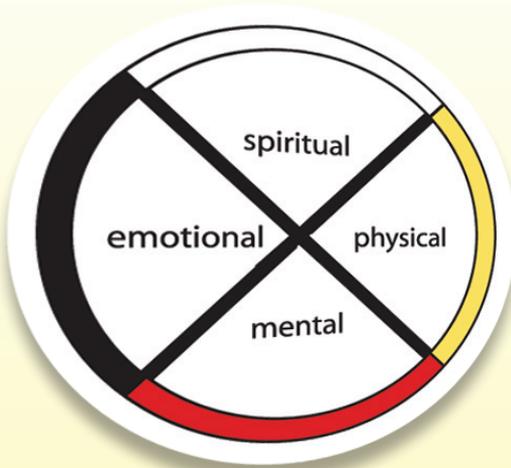
WHAT HAPPENS WHEN YOU SMOKE?

- Smoking effects your emotional, spiritual, physical and mental health.
- Smoking is an addiction of the body, mind and lifestyle.
- Your body becomes addicted to the effects of nicotine.
- Your mind uses the drug to cut stress, boost energy, and relax.
- Your lifestyle is driven by the habit. For example, you enjoy smoking when you watch TV, when you sit in your favorite chair, or visiting with friends and members of your community.
- You may also make decisions based on smoking, For example, you may go out of your way to shop at stores that sell your favorite brand of cigarettes.

Unfortunately, the short-term benefits of smoking are outweighed by the short-term costs:

- Smokers don't have the physical energy or stamina needed to lead the active lives they desire or deserve.
- Even light smokers end up spending thousands of extra dollars every year purchasing tobacco and paying for increased health care and medication.

SMOKERS ARE ALSO AT A HIGHER RISK FOR:



Restore your mental, spiritual, emotional and physical health - Free yourself from smoking or chewing tobacco!

- Lower quality of life, increased depression, and increased anxiety.
- Shortened life: Smokers usually die 13-15 years too early.
- Lung disease: Chronic bronchitis and emphysema have been linked with smoking.
- Cancer: Cancers of the lung, mouth, sinuses, esophagus, stomach, pancreas, cervix, kidney, ureter and bladder have also been linked to smoking.
- Heart disease and stroke.
- Sexual impotence (difficulty getting an erection) and infertility (cannot have children).

- Cataracts (a disease of the eye that can lead to blindness), skin wrinkling and discoloration.
- Increased use of other drugs and alcohol.
- Complicated pregnancy: Smoking and exposure to second-hand smoke increases the risk of miscarriage, pre-term delivery, stillbirth, infant death, and low birth weight.
- Unhealthy families: Second-hand smoke can cause breathing problems (e.g., asthma) and heart disease in non-smokers. Spouses, children, and other people exposed to second-hand smoke get colds, the flu, ear infections, and lung infections a lot more easily than people who aren't around second-hand smoke.