

WHAT HAPPENS WHEN YOU SMOKE?

- 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; and your lifestyle is driven by the habit.
- Unfortunately, the short-term benefits of smoking are outweighed by the short and long-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 dollars every year purchasing cigarettes and paying for increased health care and medications.
 - 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, flu, ear infections, and lung infections a lot more easily than people who aren't around second-hand smoke.

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Smokers are also at higher risk for:

- Lower quality of life, increased depression, and increased anxiety.
- Shortened life: Smokers usually die 13 to 15 years too early.
- Lung Disease: Chronic bronchitis and emphysema have been linked to 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 and erection) and infertility (cannot have children).
- Cataracts (a disease of the eye that can lead to blindness), skin wrinkling, and discoloration.