Smoking can cause a slow and painful death
What does smoking do to my body?

Many smoking related deaths are not ‘quick deaths’. For example, if you develop chronic obstructive pulmonary disease (COPD) you can expect several years of illness and distressing symptoms before you die.

Smoking increases the risk of developing a number of diseases including cancers, stroke, heart disease and blindness.

Some diseases may not be fatal, but can cause years of unpleasant symptoms. For instance, smokers are 10 times more likely to develop vascular disease which can lead to amputation of one or both legs.
Smoking causes fatal lung cancer
What will happen if I don’t quit?

The longer you smoke, the greater the risk you take with your health.

One in two long-term smokers will die prematurely as a result of smoking – half of these in middle age. Smokers lose on average 10 years of life compared to non-smokers, and smoking causes nearly a third of all cancer deaths. Nine in ten cases of lung cancer are directly related to smoking.
Smoking clogs the arteries and causes heart attacks and strokes.
Your chances...

- Your chances of being struck by lightning are 1 in 3 million
- Your chances of being hit by a bus are 1 in 500,000
- Your chances of dying from a smoking related disease are 1 in 2
Smoking contains benzene, nitrosamines, formaldehyde and hydrogen cyanide
What toxins am I exposed to?

Cigarettes contain a cocktail of over 4,000 toxic chemicals including carbon monoxide and cyanide. Carbon monoxide is a poisonous gas found in high concentrations in cigarette smoke. It is also found in car exhaust fumes and is produced by faulty gas appliances. It takes the place of oxygen in the blood causing your lungs to work less efficiently. Hydrogen cyanide is a poisonous industrial chemical. Of all the toxins in tobacco smoke, it does the most damage to the heart and blood vessels.
Smoking may reduce the blood flow and cause impotence.
How does smoking affect fertility and sexual performance?

Smoking affects the fertility of both men and women. Women smokers are over 3 times more likely than non-smokers to have taken more than a year to conceive. For men in their 30s and 40s, smoking increases the risk of impotence by around 50%.
Protect children: *don’t make them breathe your smoke*
What are the dangers of second-hand smoke?

85% of cigarette smoke is invisible and odourless – it can linger in the house and car for hours, so the toxins can affect others even if they’re not aware of it. Children are vulnerable to a variety of conditions, including respiratory disease, cot death and middle ear disease. Adult non-smokers can develop lung cancer and heart disease from second-hand smoke.