TOBACCO

Concerning Your Health

If you are a smoker, quitting smoking is the most important step you can take to improve your health and live longer. Many of the health conditions related to smoking are preventable, but quitting smoking can help you avoid or reduce the risk of developing these conditions. The sooner you quit, the better.

The Smoker and Disease

Tobacco is a mixture of more than 40,000 different compounds. The nicotine, a addictive substance, is one of the most addictive of all substances used by humans. It is responsible for the symptoms and withdrawal reactions associated with smoking.

NATURAL—An Addiction

Tobacco addiction is a complex disease that can affect anyone. The effects of tobacco use are widespread and can cause serious health problems.

SECOND-HAND SMOKE

Second-hand smoke can be passively inhaled and can cause health problems, especially for children and other vulnerable populations.

QUIT TOBACCO

The sooner you quit, the better. Quitting smoking is a personal choice and can help improve your health and Quality of Life.