

Smoking is bad for your health

Smoking causes many health problems

Smoking affects a person's general health in a harmful way. It has also been linked to serious health problems, such as cancer, and reduces the health of smokers in general.

Smoking is also linked to:

- Heart disease: People who smoke are 2 to 4 times more likely to develop coronary heart disease than nonsmokers.
- Stroke: People who smoke approximately double their chances of having a stroke.
- Lung disease (eg, emphysema, bronchitis, chronic airway obstruction) and lung cancer



Your smoking hurts others around you

If you smoke, your family, friends, and coworkers may breathe in the smoke you breathe out and the smoke that comes from a burning (or lit) cigarette. This is called secondhand smoke. Secondhand smoke could cause them to have health problems too.

There is no safe amount of secondhand smoke. Breathing secondhand smoke for a short time can hurt your body.

Some of the health conditions caused by secondhand smoke in adults include heart disease and lung cancer.



DIABETES

You can quit smoking

Here are a few tips to help you get ready to quit smoking

1. Find your own reasons to quit.

There are many good reasons to quit. Some people who have quit felt better because

- They feel in charge
 - They don't need to smoke
 - They don't have to find places to smoke
 - They don't have to worry about their smoke bothering others
- They feel more relaxed
 - They don't have to make sure they always have cigarettes
 - They have more money

2. Build support. First, set a quit date.

Then, tell your family and friends about your promise to live a healthier life by quitting smoking. They may help you reach your goal with their positive support.



Others have
quit smoking.
So can you!

Target quit date

3. Throw them away. Throw away your cigarettes, lighters, and ashtrays. Not having these around your house may help you when you feel like smoking.
4. Find a buddy. If you have a friend who smokes, ask them to quit with you. You may be able to help each other stay focused on your goal.