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**SevenHills**  
HOSPITAL

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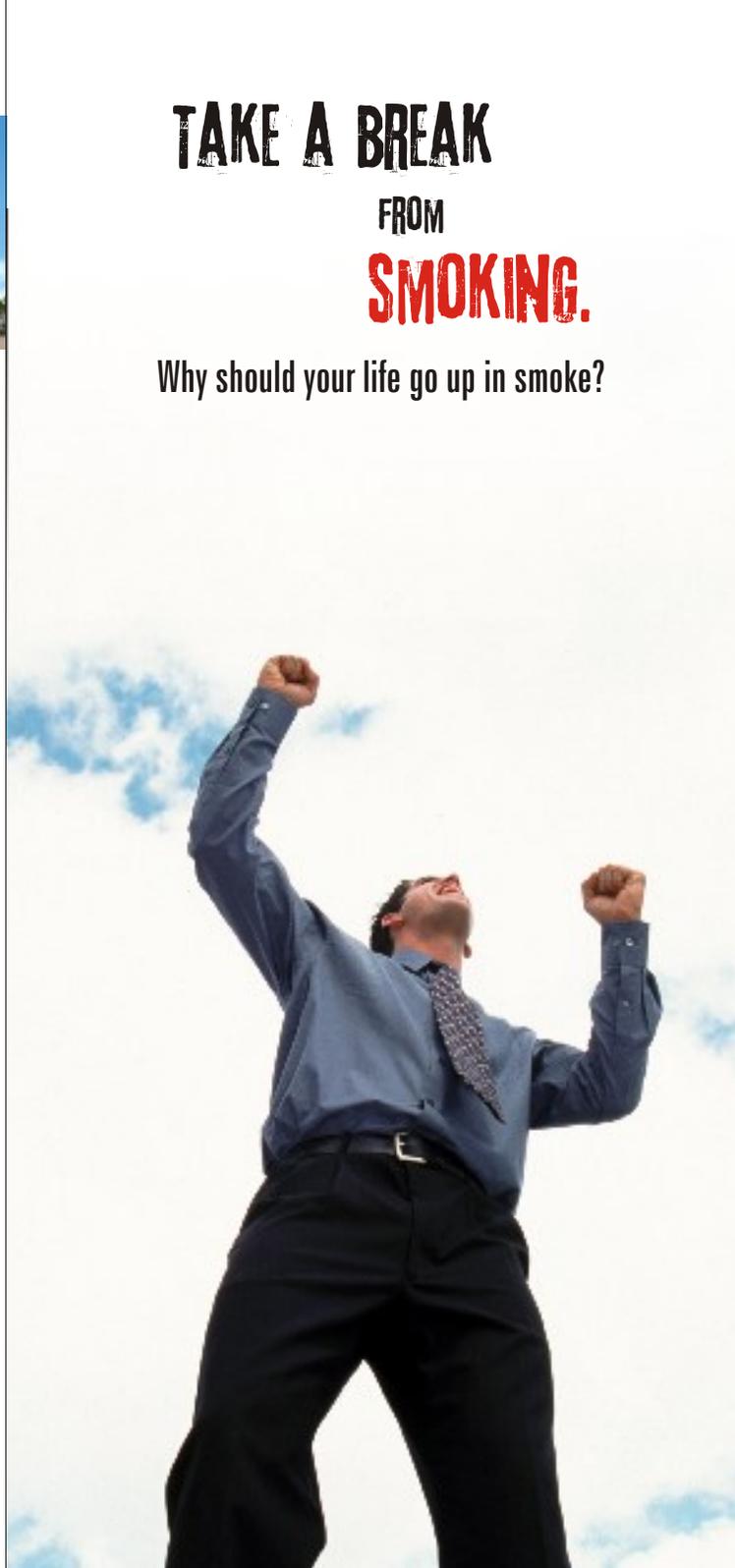
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**TAKE A BREAK**  
FROM  
**SMOKING.**

Why should your life go up in smoke?



TAKE A **BREAK** FROM **SMOKING.**



The advantages of not smoking far outweigh the "buzz" of smoking in terms of

-  Saving money
-  Improved health
-  Freedom from deadly diseases
-  Enhanced quality of life
-  And well being of your loved and dear ones



Quitting smoking is not easy, but thousands quit year on year and we can help you do so as well.

# TAKE A BREAK FROM SMOKING.



## Smoking is an addiction

- The reasons most people get addicted to smoking is chemical called nicotine that is found in tobacco.
- Nicotine addiction is the reason so many smokers keep smoking even though they want to quit.
- Smokers who want to quit, but can't, may find themselves frustrated by their repeated attempts at quitting.
- Scientists now believe that nicotine affects some people more than it does others.

## Smoking consequences

- Every 6.5 seconds, someone dies from disease related to tobacco use.
- Worldwide, smoking causes nearly 5 million deaths every year.
- Half of all smokers who begin to smoke as teenagers can be expected to die from tobacco use.
- Fatal heart attacks are 4 times more common in young men who smoke than in those who don't.
- 1 out of 3 cancer deaths is related to smoking.
- Children of smokers have higher cholesterol levels, more prone to heart disease, more susceptible to respiratory infections, asthma, ear infections, and anemia
- Pregnant women exposed to smoking 6 hours a day pass chemical causing cancer to the blood of unborn leading to prematurity, low birth weight, miscarriage, sudden infant death syndrome

## it's high time you quit smoking!!

Everyone knows that smoking is bad for their health. But did you know that cigarette smoke contains about 4000 chemicals, some of which are known to cause cancer. The good news is that quitting can reverse the effects of smoking starting almost right away.

## After quitting

- **20 minutes:** Heart rate begins to normalize
- **12 hours:** Carbon monoxide levels drop to normal
- **2 weeks to 3 months:** Circulation improves, lungs work better
- **1 to 9 months:** shortness of breath and coughing can decrease; reduced risk of infection
- **1 year:** Risk of heart disease falls to half that for someone who continues smoking
- **5 years:** Risk of stroke is sharply decreased
- **10 years:** Risk of lung cancer falls to half that for someone who continues to smoke
- **15 years:** Risk of heart disease becomes the same as for someone who never smoked

**To quit tobacco we need to understand the reasons why we smoke or chew tobacco, what are the triggers (what tempted me) and what got us started in the first place.**

**Once you quit smoking you will see your life and those around you change for the better.**

**You will be the person you always wanted to be!**

**Let us help you be that.**