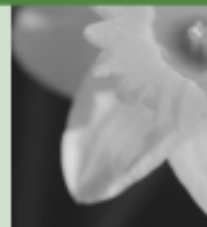




Cancer
Society



20 good reasons to stop smoking

1. Tobacco smoke contains at least 50 known toxic or cancer causing substances.
2. Smoking is linked to cancer of the lung, mouth, larynx and oesophagus.
3. A quarter of all cancers are caused by smoking.
4. Lung cancer deaths are higher than any other type of cancer.
5. Smoking is linked to cancers of the bladder, pancreas, kidney, stomach and cervix.
6. Nine out of ten deaths from bronchitis and emphysema are due to smoking.
7. Women who smoke have a greater risk of infertility, miscarriage, premature labour, still birth, early neonatal deaths, earlier menopause and osteoporosis.
8. Smoking while using oral contraceptives increases the risk of heart disease and stroke at least ten fold.
9. Around eight out of ten heart attacks in men under 45 are associated with smoking.
10. Cardiovascular disease is associated with smoking and kills more people than cancer does.
11. Nine out of ten people with circulation problems are smokers.
12. Secondhand smoke kills around 350 New Zealanders each year.
13. Smoke is an irritant and within hours can cause sore eyes and sore throats, nasal symptoms, dizziness, nausea and headaches.
14. Children exposed to parents' smoke are more likely to suffer from asthma and glue ear and more likely to be admitted to hospital with bronchitis and pneumonia.
15. Babies born to smoking mothers tend to be smaller at birth.
16. Parental smoking is associated with cot death.
17. Smoking ages the skin prematurely.
18. Smoking causes teeth to get stained brown with nicotine.
19. Smokers suffer more from gum disease than non-smokers.
20. At a rate of 20 cigarettes/day a smoker will pay around \$3102 per year to support the habit. Over 20 years that is \$62,040 - two cars, a major house extension, your children's education.

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