

# World No Tobacco Day

May 31

**“Tobacco kills nearly 6 million people each year. More than five million of those deaths are the result of direct tobacco use while more than 600,000 are the result of non-smokers being exposed to second-hand smoke.”**

World Health Organization, 2013

Quitting smoking improves your health and quality of life.



## Speak to your doctor today about ways to quit smoking.



This poster has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the poster, please consult your medical professional.

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# World No Tobacco Day

May 31

**“Tobacco kills up to half  
of its users.”**

World Health Organization, 2013

**Quitting smoking  
improves your family’s  
health as well as your  
own.**

**Speak to your doctor today about  
ways to quit smoking.**



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# Smoking Awareness



## The health effects of smoking

### Lifestyle diseases

Smoking increases your risk of many "lifestyle" diseases.

| Disease                | This happens because:  |
|------------------------|--|
| Cardiovascular disease | Smoking damages the blood vessels - even in young people. The damaged system is much more likely to experience heart attacks, strokes, and other cardiovascular diseases. Smoking as few as 3 to 5 cigarettes a day increases your risk of heart attack. |
| Respiratory disease    | Smoking reduces the flow of air into the lungs and leads to chronic obstructive pulmonary disease (COPD) and asthma. This happens in smokers and non-smokers who are exposed to the smoke.   |
| High blood pressure    | Smoking causes a high heart rate, narrow blood vessels and low oxygen levels.  |
| High cholesterol       | Smoking decreases "good" cholesterol and increases "bad" cholesterol.  |
| Diabetes               | Smoking increases insulin resistance and is associated with the accumulation of central body fat.  |

### Smoking and cancer

Smoking causes disease in nearly every organ in the body. It can cause cancer in your:

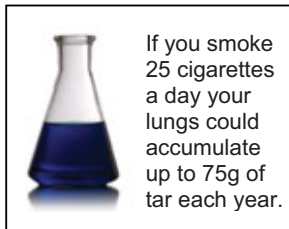
- Mouth
- Larynx (voice box)
- Esophagus
- Bladder
- Blood (Leukemia)
- Lung
- Stomach
- Kidney
- Cervix
- Throat/pharynx

The photo below is a cross section of a cancerous lung.



White area: Cancer

Black area: Indicates this person was a smoker



If you smoke 25 cigarettes a day your lungs could accumulate up to 75g of tar each year.

### Your appearance is affected

#### Before smoking



Yellow eyes  
Hollowed cheeks  
Bad breath  
Yellow teeth  
Tooth loss  
Smelly clothes  
Smelly hair  
Hair loss  
Early wrinkles  
Greying skin

#### After smoking



Your body shape is also affected. Smokers can develop a "barrel chest".

### Benefits of quitting

| Time since quitting | Health benefit   |
|---------------------|--|
| 20 minutes          | Blood pressure and pulse drop to normal.                 |
| 12 hours            | The carbon monoxide level in your blood drops to normal. |
| 1 day               | Heart attack risk starts decreasing.                     |
| 2 days              | Sense of taste and smell starts to return.               |
| 1 month             | Energy level increases, skin tone improves.              |
| Within 6 months     | Fewer colds and other respiratory infections.            |
| 1 year              | Heart disease risk decreases to half that of a smoker.   |
| 5-15 years          | Stroke risk is as low as a non-smoker.                   |
| 15 years            | Heart disease risk is as low as a non-smoker.            |

When smokers quit, they report many positive life changes. Smokers that quit find they have **more**:

- Energy
- Spending money
- Enjoyment in eating
- Quality life years

Smokers that quit find they have **less**:

- Colds and other infections
- Chronic symptoms
- Sick days out of work
- Smelly clothes, bad breath
- Health risks for their family

No matter how long or how much someone has smoked, quitting has an **immediate positive impact** on their body!

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