Smoking: The Leading Preventable Risk For Disease and Death

- **WARNING**
  - **Cigarettes Cause Strokes**
  - Tobacco smoke can cause the arteries in your brain to clog. This can block the blood vessels and cause a stroke. A stroke can cause disability and death.
  - Image: Brain with stroke
  - Source: Health Canada

- **WARNING**
  - **Cigarettes Cause Mouth Diseases**
  - Cigarette smoke causes oral cancer, gum diseases, and tooth loss.
  - Image: Mouth with tooth damage
  - Source: Health Canada

- **WARNING**
  - **Cigarettes Are a Heartbreaker**
  - Tobacco use can result in the clogging of arteries in your heart. Clogged arteries cause heart attacks and can cause death.
  - Image: Damaged heart muscle
  - Source: Health Canada
Passive Smoking
Health Benefits Of Quitting Smoking Start Immediately

**Time After Quitting**

- **20 minutes**
  - Heart rate drops

- **12 hours**
  - Blood CO levels return to normal

- **2 wks – 3 mo**
  - Heart attack risk begins to drop, lung function increases

- **1 – 9 months**
  - Coughing and shortness of breath decrease

- **1 year**
  - Excess CHD risk half that of a smoker

- **15 years**
  - CHD risk same as a nonsmoker

- **10 years**
  - Lung cancer death rate half that of smoker; decreased risk of mouth, throat, oesophagus, bladder, kidney and pancreas cancer

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ALCOHOLISM
Alcohol can affect the individual from four areas of people's lives:

1. Mental
2. Physical
3. Professional
4. Domestic and social
FINAL NOTE

DREAM BIG

PLAN WELL

BE HAPPY