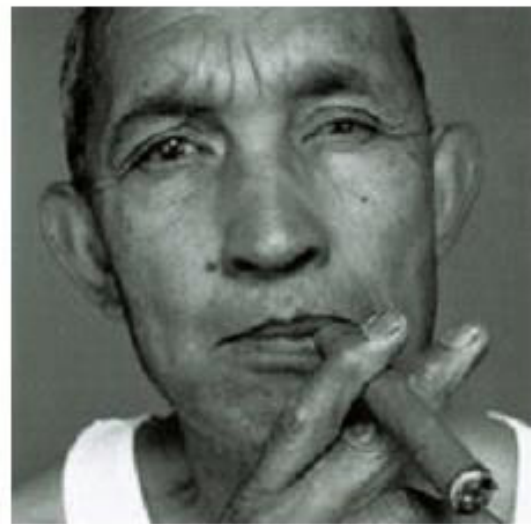


Tobacco: Deadliest Drug in the World

Exaggerated risks of smoking?

No way! Smokers, as compared to non-smokers, had 6 days more absenteeism, 8 days more disability and 12 % more illness, thus costing the company more money to keep them. Smokers will also lose an average of **8.3 years** from their normal life expectancy, or **12 minutes** for every cigarette smoked.

Smoking has killed more people than all who died from AIDS, street drugs, fires, crashes, and homicides combined. It also kills thousands more *involuntary* smokers—people forced to inhale second-hand smoke.



Smoking is responsible for 30% of coronary heart deaths plus at least 33,000 fatal strokes.



Does it pay to quit?

Of course!

More than 80% of lung cancers and 50% of bladder cancers can be prevented if people simply stopped smoking. Although the risk for cancer decreases more slowly, the danger lessens as the weeks and months go by.

Other benefits of quitting:

- Pleasant breath
- Better tasting of food
- Increased endurance
- Improved health and energy
- A feeling of well-being
- Freedom from an inconvenient and costly habit

The biggest favor you can do for your body and your loved ones is to kick the habit and freely breathe clean air again.

Smoking Cessation Tips

Withdrawal : 6 Ways to Cope

Declare - "I choose to be a non-smoker"(Repeat this over and over to yourself)

Delay - Wait for 10 minutes. Most cravings will only last 3-5 minutes.

Deep Breathing - Two or three deep breaths will relax you.

Drink water - Slowly sip a glass or two.

Do something else - Walk, relax, chew gum or shower.

Depend on God - Meditate, pray, seek support from a Higher Power