

Smoking...



Good or Bad?

You decide.

**Smoking-related diseases
claim an estimated**

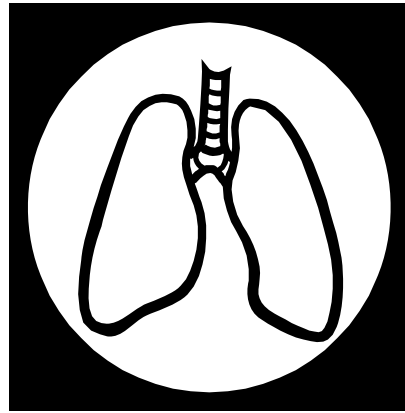
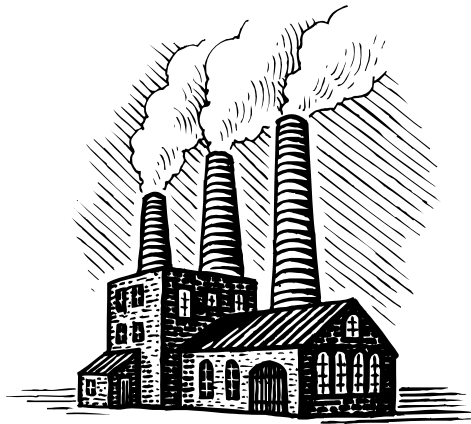
438,000

**American lives
each year!**

**Including those affected
Indirectly, such as babies
born prematurely due to
prenatal maternal
smoking and victims of
"secondhand" exposure.**

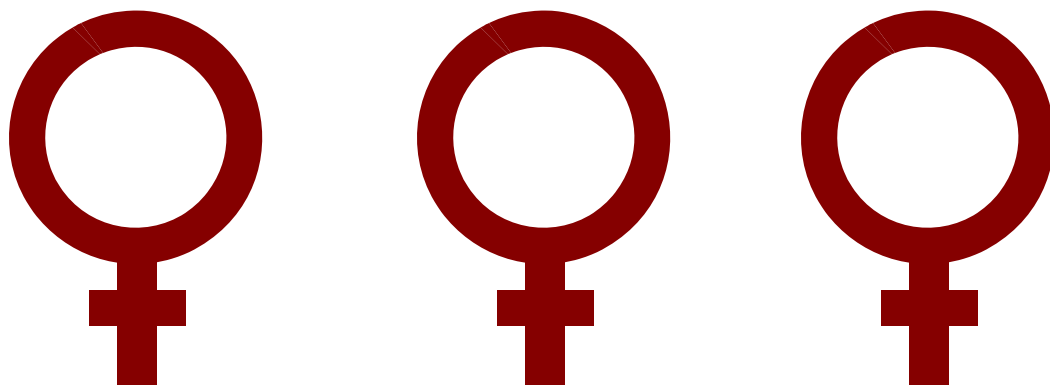


**Cigarette smoke
contains over 4,800
chemicals, 69 of which
are known to cause
cancer.**



**Smoking is directly
responsible for
approximately 90
percent of lung cancer
deaths.**

**Women who smoke
face unique health
effects from smoking
such as problems
related to pregnancy.**



**More women die of
lung cancer than
breast cancer each
year.**



**Secondhand smoke
is responsible for
approximately 3,000
lung cancer deaths
annually in U.S.
nonsmokers.**



**Smoking is also a
major factor in:**

Coronary heart disease

Stroke

Malignancies

Slowed healing of wounds

Infertility

Peptic ulcer disease

Pneumonia

Your local American Lung Association® can help with programs for smokers and for their families and friends. Give your local Lung Association a call today at 1-800-LUNG-USA. Ask about self-help guides, audiotapes, videotapes and group clinics.

And check the web and your other local resources for HELP!

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