

PUT OUT THAT CIGARETTE. LIGHT UP YOUR LIFE

1.

It's addictive

It causes a stronger dependence than heroin or cocaine. Each smoker smokes for an average of 30 years.



2.

With a drag

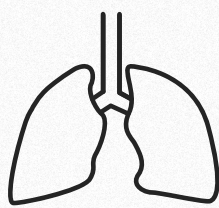
Heart rate increases by 10 to 15 beats per minute and increase blood pressure.



3.

Unclog your lungs

Tar, which contains arsenic and cyanide, provokes bronchospasms, asthma and, in the long-term, cancer or emphysema.



4.

Protect the children

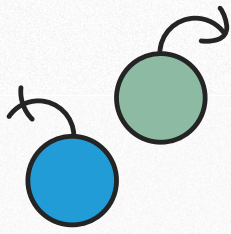
They have a greater risk of suffering otitis, asthma attacks and respiratory infections.



5.

Decreased fertility

Smoking reduces the fertility of both men and women and increases the risk of erectile dysfunction.



6.

Pregnancy and the baby

The risk of a miscarriage is greater and there could be complications during the pregnancy. Babies tend to have a lower birth weight.



7.

Physical deterioration

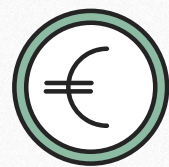
Teeth turn yellow, fingers and nails can also change colour and the skin tends to become more wrinkled and present psoriasis.



8.

Save money

Someone who smokes a packet of 20 cigarettes per day spends around €1,500 per year.



Did you know that...

- ✓ Tobacco kills somebody in the world every 6 seconds.
- ✓ You are a smoker if even you only smoke one cigarette per day.
- ✓ The risk of developing lung cancer increases by 35% in passive smokers.
- ✓ Spending 8 hours in an enclosed area with smokers is equivalent to smoking 16 cigarettes.
- ✓ On average, each smoker loses 16 years of their life. Half of all people who smoke regularly will die because of tobacco.

When you stop smoking, in...

48 h

- Your blood pressure and pulse return to normal.
- Oxygen levels in blood start to improve.
- The chances of suffering a heart attack decrease.
- Your senses of smell and taste will improve.

1 year

- Your circulation will have improved.
- Any cough, nasal congestion, tiredness and difficulty breathing will disappear.
- The lung's mucous membranes recover and this reduces the number of infections.
- Your concentration improves and you will suffer less headaches.

5 years

- The death rate decreases by 50%.
- The risk of suffering a stroke decreases.
- The risk of developing mouth, throat, oesophagus, bladder, kidney or pancreatic cancer diminishes.
- If you have a chronic disease, e.g., diabetes, asthma or kidney failure, then your overall health will improve significantly.