

Put out that cigarette. Light up your life

Tobacco shortens and reduces life quality



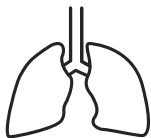
It's addictive

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



With a drag

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



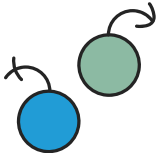
Unclog your lungs

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



Protect the children

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



Decreased fertility

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



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...



Physical deterioration

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



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.
- ✓ The risk of developing lung cancer increases by 35% in passive smokers.
- ✓ On average, each smoker loses 16 years of their life. Half of all people who smoke regularly will die because of tobacco.

A project by:

CLÍNIC
BARCELONA
Hospital Universitari

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