

Did you know.....

Tobacco use is the leading preventable cause of death in the USA?

- 1 out of 5 deaths are from Tobacco use. You are 4 times more likely to die from Heart Disease if you smoke.
- There are 4000 chemicals in a lighted cigarette; over 60 are carcinogenic (cancer producing).
- Smoking decreases fertility in woman.
- Smoking decreases adult life expectancy by 14 years.
- Smoking around your children will, by the age of 5, caused them to have inhaled the equivalent of 102 packs of cigarettes!
- Smokers are 20 times more likely to develop Lung Cancer than non smokers.

Reference:

The 2004 Surgeon Generals Report

**Provided by Brookhaven Memorial Hospital Employee Health & Wellness Dept. & Wellness Committee
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