



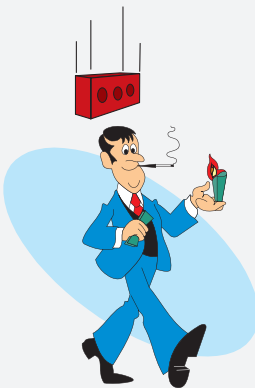
## Cigarette Smoking: An Enemy

### Watch Out!

⚠ We all know that smoking is a major cause of lung cancer, but did you know that tobacco is responsible for 30% of all cancers such as:

- colon cancer
- mouth cancer
- throat cancer
- pancreas cancer
- bladder cancer
- cervix cancer
- and many more

⚠ Smoking is the principal cause of chronic bronchitis and emphysema.



### Alarming Statistics

- ☒ More than 40,000 Canadians die each year of tobacco-related illnesses.
- ☒ In Ontario, 15,000 people will die this year because of smoking.
- ☒ And each cigarette smoked shortens your life by 10 minutes, that means you die 6.2 years earlier if you smoke 20 to 39 cigarettes a day.



### The Hook

- ☒ SMOKING IS AN ADDICTION.
- ☒ Nicotine which is present in tobacco is a drug. Many people find cigarettes just as hard to give up as heroine or cocaine because the addiction is reinforced 250 times a day for a pack-a-day smoker.
- ☒ It only takes 7 seconds for nicotine to reach your brain. Even drugs taken intravenously take a longer time to have an effect.

### Triggers

- ☒ Lighting up is often associated with common, everyday activities such as a cup of coffee, answering the phone, and driving.
- ☒ These acts become similar to conditioned reflexes and show that the physical and psychological go hand in hand in promoting and furthering addiction.

### Need Help?

The Eastern Ontario Health Unit has resources and offers programs on a continual basis to help smokers take the next step towards a smoke-free future.

**For more information, please contact the Eastern Ontario Health Unit  
at 933-1375 or at 1 800 267-7120 and ask for Health Line.  
Visit our Web site at [www.eohu-bseo.on.ca](http://www.eohu-bseo.on.ca).**