

MAY 2024



# NEWSLETTER

## SAY NO TO TOBACCO

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ABOUT 6 MILLION PEOPLE  
DIE FROM TOBACCO  
USE EVERY YEAR.



### DID YOU KNOW?

- Your risk for Lung cancer drops by half within 10 years.
- Non-smokers live about 10 years longer than smokers.
- Your heart rate and blood pressure drop back to normal within 2 hours of your last cigarette.

**You are probably well aware that smoking tobacco is bad for you, but do you know about all these risks?**

- Smoking costs the economy enormously due to increased health-care costs and decreased productivity yip, all those smoke breaks impact on our economy.
- The average smoker takes 3 extra sick days a year and is 8% less productive than a non-smoker.

- Spending money on cigarettes leaves less money to spend on essentials. This is becoming an increasing problem in these difficult economic times.



[https://www.cdc.gov/tobacco/data\\_statistics/factsheets/health\\_effects/effects\\_cig\\_smoking/](https://www.cdc.gov/tobacco/data_statistics/factsheets/health_effects/effects_cig_smoking/)  
<http://www.healthline.com/health/smoking/effect-on-body>  
<http://www.webmd.com/smokingcessation/features/is-smoking-dragging-you-down#5>  
<http://www.healthline.com/health-slideshow/quitsmoking-timeline#promoSlide>



## BENEFITS OF QUITTING:



### IF YOU ARE ENVIRONMENTALLY FRIENDLY ?

Growing tobacco requires large amount of pesticides and fertilisers that can be toxic and pollute water supplies. Each year, tobacco farming results in global deforestation of between 2-4%. Cigarette manufacturing produces >2 million tons of solid waste yearly.



### ARE YOU HEALTH-CONSCIOUS

Smoking increases your risk for death from all causes.  
Smoking increases your risk of cancer almost anywhere in the body including the stomach, pancreas, liver, bladder and cervix.  
Smoking increases your risk for developing diabetes by 30-40%.  
Smoking can increase your risk for cataracts which will affect your vision.  
Smoking makes you more susceptible to colds and flu.

### DID YOU KNOW?

Your risk of a heart attack drops dramatically by 1 year.  
Your risk for a stroke is almost the same as a non-smoker's within 2-5 years.  
Your risk for cancer of the mouth, throat, oesophagus and bladder drop by half within 5 years.  
Your risk for lung cancer drops by half within 10 years.  
Non-smokers live about 10 years longer than smokers.  
Cigarette manufacturing produces >2 million tons of solid waste yearly.



### FOR THE SOCIALITES:

Smoking dulls your sense of smell and taste making it difficult to appreciate food as intensely.  
Smoking makes you a danger to others. Others may not take kindly to this, and it could make you unpopular.  
Second-hand smoke places non-smokers at higher risk for heart attacks, stroke and cancer.



### FOR THE FITNESS FANATICS:

Over time smoking will decrease your ability to enjoy sporting activities or to comfortably do simple things such as climb stairs.



### FOR THE IMAGE CONSCIOUS:

Smoking causes skin discolouration, wrinkles and premature aging due to biochemical changes in the body that speeds the aging process.  
Smoking stains teeth.  
Smoking makes your skin, hair and breath smell.



### PLEDGE TO QUIT