SCAN FOR MORE INFORMATION

THE CIGARETTE:

THE HEART GOES UP IN SMOKE.

SAFE CONSUMPTION OF TOBACCO
DOES NOT EXIST.

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Validated on January 31st 2021 by
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CONSIDERING QUITTING SMOKING?

Tobacco consumptions is the **main cause of preventable death** in Canada

#1

1 in 2 smokers will die

of an illness **caused by smoking**.

DID YOY KNOW?

2x

Smoking **doubles** your risk of heart disease

More than

16 MILLION

Americans live with an illness caused by tobacco

60% **of those who try smoking become addicted**

due to the nicotine content in cigarettes

SECOND HAND SMOKE

increases the risk of heart disease for those exposed

TOBACCO DAMAGES BLOOD VESSELS

Which causes the accumulation of plaques in major arteries

Smoking reduces life expectancy by an average of

10 YEARS

AMONG THOSE WHO HAVE QUIT SMOKING

AFTER 1 YEAR

Risk of heart disease **decreases by 50%**

AFTER 15 YEARS

Risk of heart disease is the **same as a non-smoker**

IFMSA Québec

INFO AIDE

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