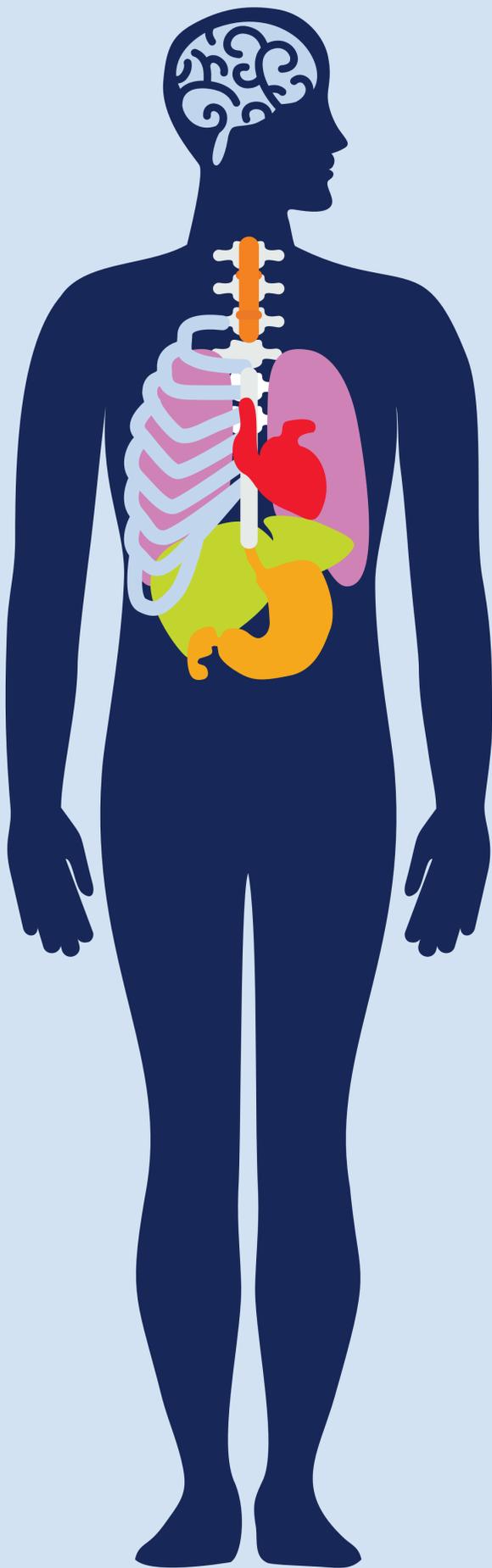


The Health Effects of Smoking

Every year in the U.S., more than 490,000 people die from commercial tobacco use and exposure to secondhand smoke, making it the leading cause of preventable death in this country. Smoking and the use of other tobacco products, including cigars and smokeless tobacco, causes or worsens numerous diseases and conditions.



• Stroke



• Wrinkled Skin



• Mouth & Throat Cancer



• Heart Disease



• Lung Cancer, COPD & Asthma



• Diabetes Complications



• Stomach Cancer & Ulcers



• Blocked Arteries



• Kidney & Bladder Cancers



• Cervix, Ovary & Uterus Cancers & Infertility



• Weak Bones

Are you, or someone you love ready to quit smoking? The American Lung Association's Freedom From Smoking® is a proven-effective quit smoking program that is available over the phone, in-person or online.

Learn more or sign-up at **1-800-LUNGUSA** or **Lung.org/ffs**.