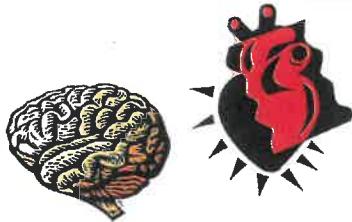


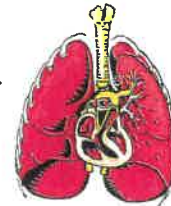
# Back Door Reading From your Health Ministries



## Tobacco How Bad Is It?



Tobacco is responsible for one in five deaths in the United States. It is the most preventable cause of early death.



- + Smoking is the leading risk factor for heart disease and stroke.
- + Smoking doubles the risk of Alzheimer's.
- + Smoking greatly increases the risk of peripheral artery disease and plaque formation.



- + Smoking causes 87% of lung cancer deaths
- + Smoking increases the incidence of virtually every type of cancer.
- + Smoking increases the risk of cataracts, glaucoma, and macular degeneration.

### Second Hand Smoke



#### For Women (Active or 2nd hand)

- + Increased risk of osteoporosis
- + Increased pregnancy loss.
- + Premature labor
- + Increased risk of breast cancer.

- + Contains at least 60 chemicals known to be harmful.
- + Causes 3,000 lung cancer deaths and up to 40,000 cases of heart disease every year.
- + Is implicated in up to 300,000 respiratory infections in children younger than 18 months every year.



#### For Children (Second hand or uterine)

- + Low birth weight
- + Increased risk of SIDS.
- + Increased risk and severity of asthma



Costs of tobacco products, health care, loss of income from illness.

## BESIDES, IT STINKS!