

## SMOKING

Q. My other healthy habits Can make up for my smoking?

FACT. Not so. "Research shows that eating a healthy diet and exercising don't reduce the health risks associated with smoking," "Smoking affects every organ system in the body, and thinking that you're going to find the perfect lifestyle to counteract the effects of smoking is just not realistic."



Q. Switching to 'light' cigarettes Can cut my risk?

FACT. No, Smokers who switch to brands labeled "light" or "mild" inevitably compensate for the lower levels of tar and nicotine by inhaling smoke more deeply or by smoking more of each cigarette.

Q. I Have smoked for so long can I prevent the damage?

The damage caused by smoking is cumulative, and the longer a person smokes, the greater his/her risk for life-threatening ailments. But quitting smoking at any age brings health benefits. The benefits of quitting start the day you stop. Within a year, your risk of having a heart attack will be cut by 50%.



Q. Trying to quit smoking will stress me out, Is it Harmfull?.

FACT. True tobacco withdrawal is stressful but research shows that smokers who quit smoking, begin eating better, exercising more, and feeling better about themselves

Q. Can it Hurt others by smoking?

FACT. Yes, Tobacco smoke also harms the people around you. In the U.S., secondhand smoke causes about 50,000 deaths a year

Q. Cutting back on smoking is good enough OR Not?

FACT.No,Cutting down on the number of cigarettes is not an effective strategy. Smokers who cut back draw more deeply and smoke more of each cigarette

Q. The weight gain that comes with quitting Smoking is Harmfull OR Not?

FACT.Smokers who quit gain an average of 14 pounds. But the risk posed by carrying the extra pounds "is miniscule compared to the risk of continuing to smoke

