

# PLAY LIVE BE TOBACCO-FREE

## The Facts on Smoking

Smoking kills 36 people everyday in Ontario

### Effects of smoking tobacco products:

- ↪ Shortness of Breath
- ↪ Coughing
- ↪ Increases heart rate
- ↪ Decreased levels of physical fitness
- ↪ Bad breath and stained teeth
- ↪ Leathery looking skin and wrinkling

### Youth smoking is cause for concern:

- ↪ Cigarette use often leads to involvement in other risky behaviour, such as drug use.
- ↪ The younger people are when they begin to smoke the more likely they are to smoke as adults.
- ↪ Young people start to smoke at all ages—from their pre-teen years into their early twenties.

### Tobacco use is linked to:

- ↪ Cancer of the lung, bladder, esophagus, pancreas, colorectal, mouth, cervix, kidney and stomach.
- ↪ Cardiovascular diseases such as heart attacks, aortic aneurysms and stroke.
- ↪ Respiratory diseases including emphysema, chronic bronchitis and asthmatic bronchitis.



### The benefits of quitting begin right away:

- ↪ Decreased blood pressure
- ↪ Improved circulation
- ↪ Decreased chance of heart attack
- ↪ Improved lung function
- ↪ Increased energy levels

Tobacco use is the **biggest preventable** cause of death and disease in Ontario



SPEAK UP!  
SPEAK OUT!

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Youth Exposing Lies In Tobacco

they trick, they kill, they lie.  
LET'S

EXTINGUISH  
THE SOURCE

Wide Awake  
The New Generation