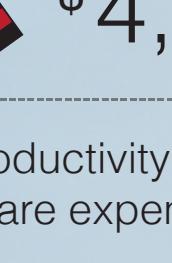




IT'S QUITTING TIME

NorthShore University HealthSystem explores the heavy consequences of smoking and the big benefits of quitting.



THE YEARLY BILL

If you buy into this habit, here are the costs.

Pack-a-day habit in Illinois plus tax:

\$ 4,230

Lost productivity & direct healthcare expenses:

\$ 193 billion

Smoking-related deaths:

393,000

WHAT'S IN A CIGARETTE?

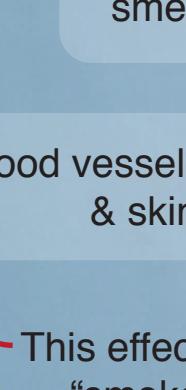
600+ ingredients, **70+** carcinogens & **4,000+** chemicals produced when lit:

Acetone	Found in nail polish remover	Ammonia	Found in household cleaners
Arsenic	Found in rat poison	Butane	Found in lighter fluid
Cadmium	Found in battery acid	Carbon monoxide	Found in car exhaust
Formaldehyde	Found in embalming fluid	Hexamine	Found in lighter fluid
Lead	Found in batteries	Naphthalene	Found in mothballs
Methanol	Found in rocket fuel	Nicotine	Found in insecticide
Tar	Found in road pavement	Toluene	Found in paint

SECONDHAND SMOKE

When you light up, everyone around you smokes too.

Secondhand smoke is responsible for:



A 25-30% increased risk of heart disease, contributing to **46,000** heart disease deaths.*



7,500 - 15,000

hospitalizations of children under 18 months old.

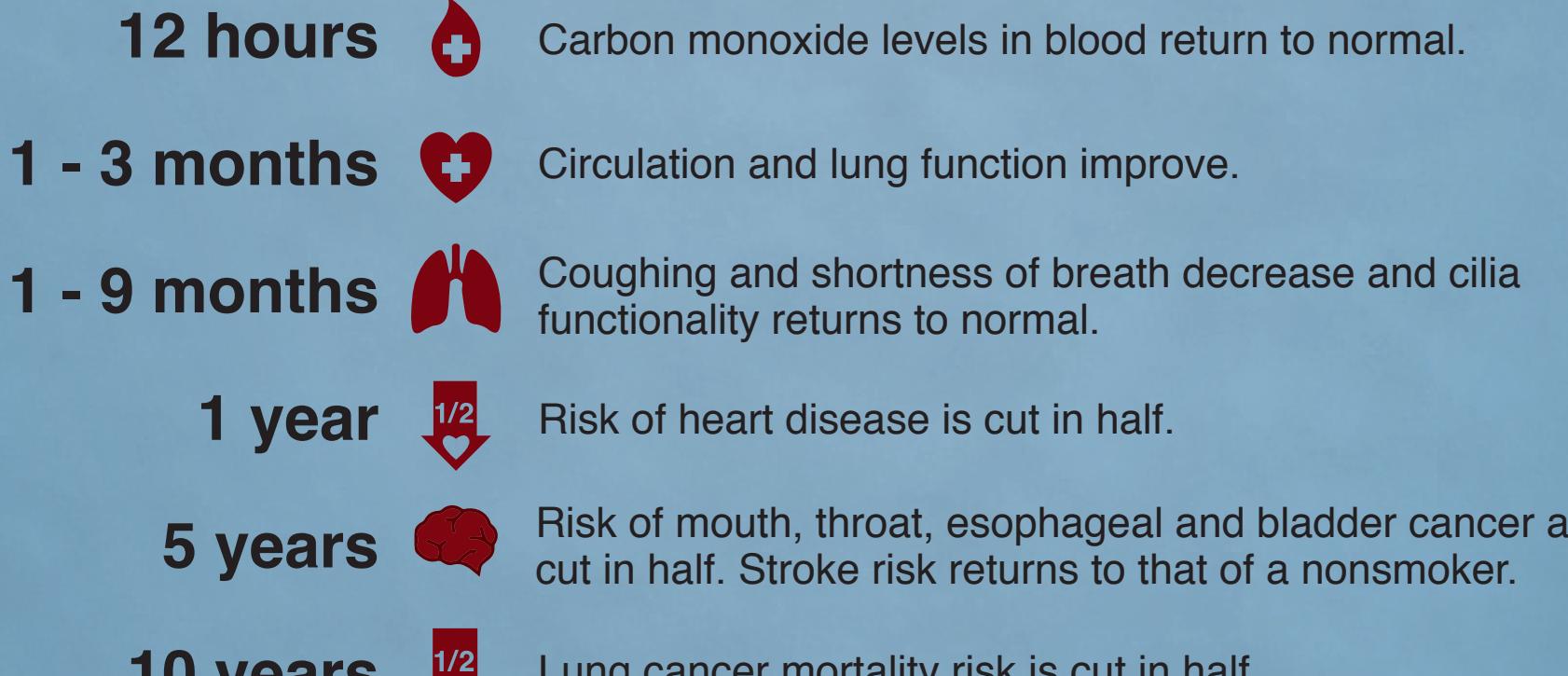


A 20-30% increased risk of lung cancer, contributing to **3,400** lung cancer deaths.*

*data for nonsmokers

THE DAMAGE YOU DO

Smoking affects the entire body. Here's what happens when you light up.



BE A QUITTER

Smoking can take 10 years off your life. Kicking the habit before 40 could give those years back.

20 minutes

Heart rate and blood pressure return to normal.

12 hours

Carbon monoxide levels in blood return to normal.

1 - 3 months

Circulation and lung function improve.

1 - 9 months

Coughing and shortness of breath decrease and cilia functionality returns to normal.

1 year

Risk of heart disease is cut in half.

5 years

Risk of mouth, throat, esophageal and bladder cancer are cut in half. Stroke risk returns to that of a nonsmoker.

10 years

Lung cancer mortality risk is cut in half.

15 years

Risk of heart disease returns to that of a nonsmoker.

SOURCES:

www.northshore.org

www.cancer.org

www.lung.org

www.usatoday.com

www.cdc.gov

www.theawl.com

health.howstuffworks.com