

SMOKING DIAMOND NINE

The following 9 statements are in no particular order, but they are all FACTS. Cut them out and rearrange them into the same pattern, but in the order, YOU think is right. The top box should be the most important statement; the last box should contain the least important statement

Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general.

Quitting smoking lowers your risk for smoking-related diseases and can add years to your life

If you smoke, your skin ages more quickly and looks grey and dull.

Smoking causes problems such as bad breath and stained teeth, and can also cause gum disease and damage your sense of taste

Smoking doubles your risk of having a heart attack

Within two years of stopping smoking, your risk of stroke is reduced to half that of a smoker and within five years it will be the same as a non-smoker

Smoking causes 84% of deaths from lung cancer

On average, most people who quit save around £250 each month.

Whenever you light up, secondhand smoke is produced. This is the smoke exhaled by you. Secondhand smoke contains more than 4,000 chemicals