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WARNING

Cigarettes cause
**TONGUE
CANCER.**

36% of mouth cancer
victims die within 5 years.

Even if you survive, you may
lose part of your tongue.

Health Canada

**You can quit.
We can help.**

**gosmokefree.gc.ca/quit
1-888-388-3887**

WARNING

GANGRENE

Cigarettes **reduce**
blood flow to your
arms and legs.

This can cause **dead**
tissue or **gangrene**. It
can lead to **amputation**.

Health Canada



© Dr. Harsh Adenla

**You can quit.
We can help.**

**gonSmokefree.gc.ca/quit
1-866-366-3667**

WARNING

Cigarettes are the leading cause of **Chronic Obstructive Pulmonary Disease (COPD)**.

People with COPD suffer with every breath they take. There is no cure.

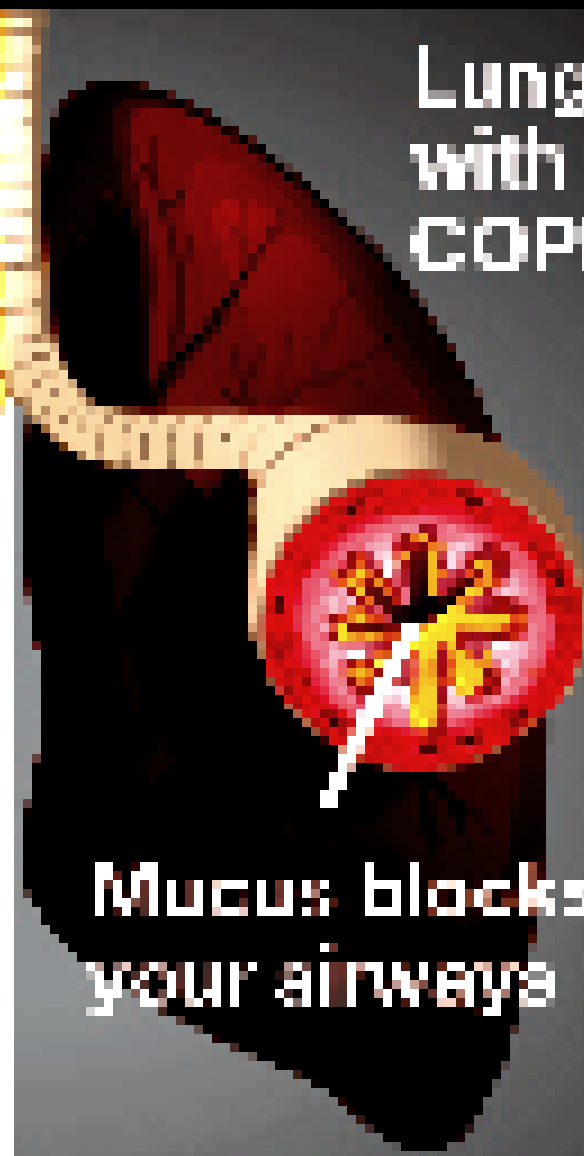
Health Canada

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We can help.**

**Healthy
lung**



**Lung
with
COPD**



**Mucus blocks
your airways**

**gosmokefree.go.ca/quit
1-866-366-3667**

WARNING

CIGARETTE SMOKE HARMS BABIES

before and after they are born. Health Canada



Little Martin's (Canada) Inc.

It causes **low birth weight** and **lung problems** in babies.

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Barb Tarbox
The Edmonton Journal

WARNING

LUNG CANCER

Barb Tarbox was
only 42 when she
died from lung
cancer caused by
cigarettes.

Health Canada

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1-866-366-3667**

WARNING

**Second-hand
smoke kills.**

**It causes fatal
lung cancer and
heart disease in
people who have
never smoked.**

Health Canada



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1-888-388-3887**

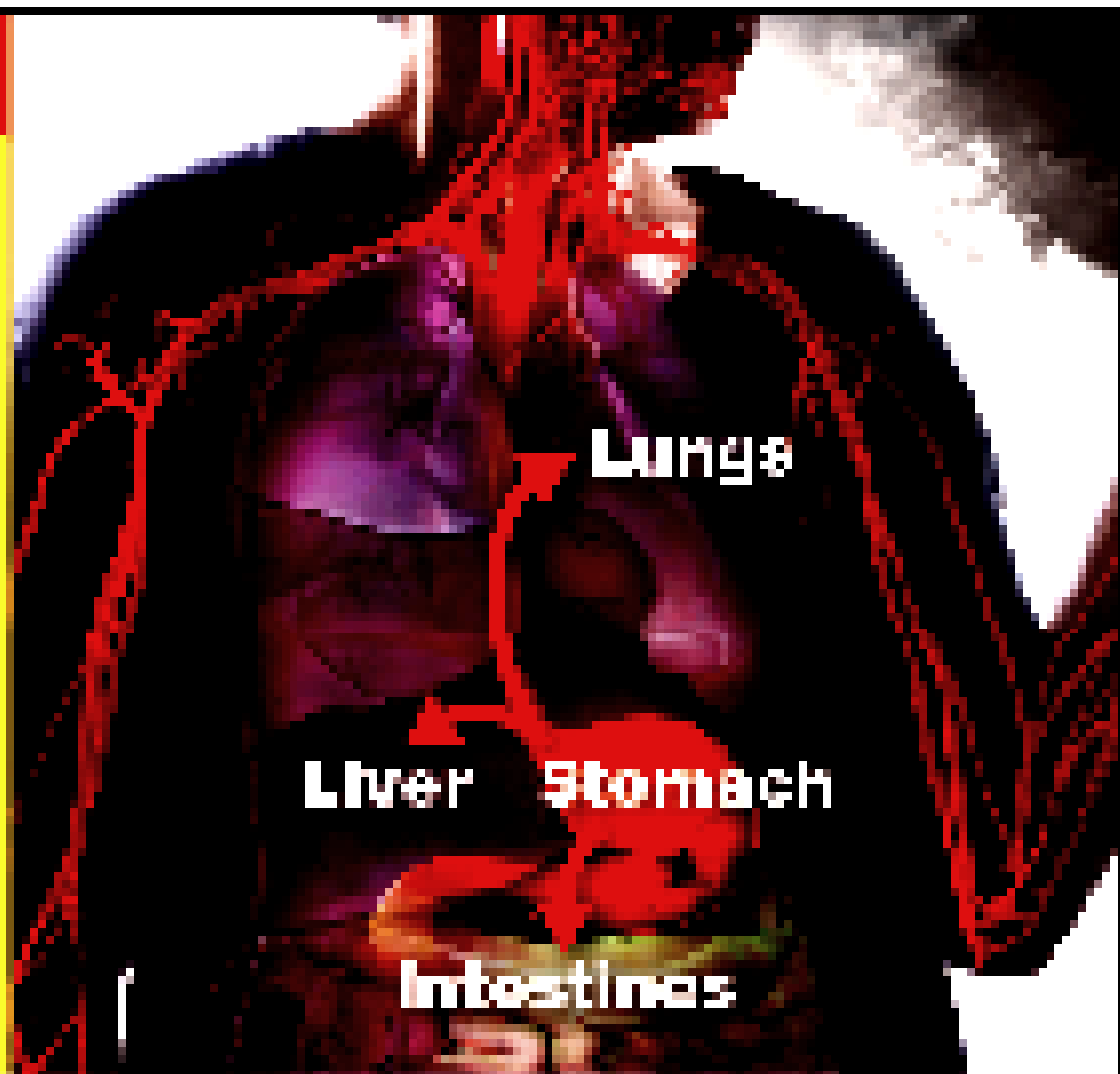
WARNING

Cigarettes cause
**STOMACH
CANCER.**

The cancer can spread
to other organs.

71% of stomach
cancer victims die
within 5 years.

Health Canada



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WARNING

CIGARETTES CAUSE GUM DISEASE



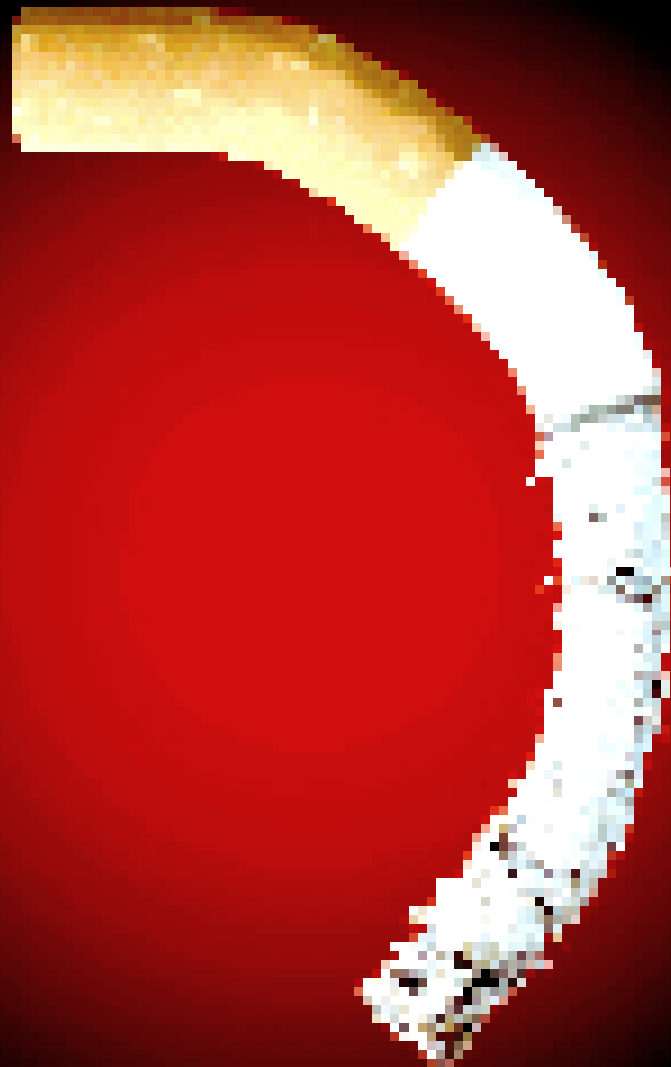
Photo: Michael T. Miller

Gum disease is a leading cause of tooth loss.

Health
Canada

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We can help.

gosmokefree.gc.ca/quit
1-888-388-3887



WARNING

IMPOTENCE

Cigarettes reduce
blood flow to the
penis.

**This makes it
difficult to have or
keep an erection.**

Health Canada

**You can quit.
We can help.**

**gasmokefree.go.ca/quit
1-866-366-3667**

WARNING

Cigarettes cause
**BLADDER
CANCER.**

25% of bladder cancer
victims die within
5 years.

Bloody urine is the
most common sign.

Health Canada



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We can help.

gosmokefree.go.ca/quit
1-888-388-3887

WARNING

CIGARETTES CAUSE STROKES



A stroke can
lead to **brain
damage and
death.**

Health Canada

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**gosmokefree.gc.ca/quit
1-866-366-3667**

WARNING

Tobacco kills about 48,000 people
in Canada each year.

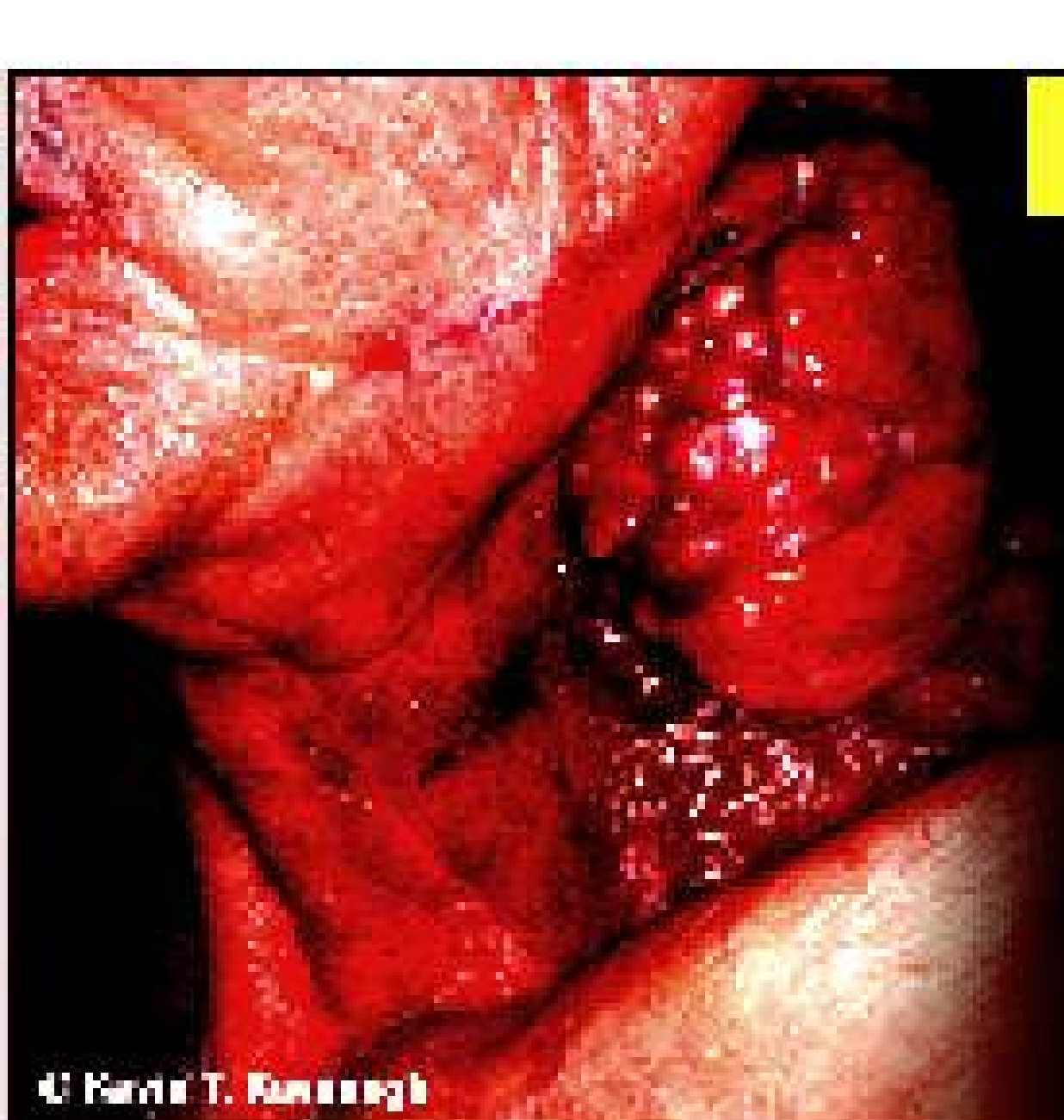
Health Canada



That is more than all of the deaths caused by alcohol,
opioide, murders and traffic collisions combined.

You can quit.
We can help.

gasmokefree.go.ca/quit
1-866-366-3667



WARNING

Cigarettes
cause
**NECK
CANCER**

Health Canada

**You can quit.
We can help.**

**gosmokefree.gc.ca/quit
1-866-366-3667**

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WARNING

TOBACCO DAMAGES YOUR HEART



HEART
SURGERY

It blocks arteries and causes heart attacks.

Health
Canada

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1-888-388-3887

WARNING

CIGARETTES DAMAGE YOUR HEART



HEART
SURGERY

© 1998 Health Canada

They **block arteries** and **cause heart attacks.**

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