

## 30 HEALTH REASONS NOT TO USE TOBACCO PRODUCTS

- 
1. Allergies
  2. Arteriosclerosis
  3. Asthma Attacks
  4. Bladder Cancer
  5. Buerger's Disease
  6. Burns
  7. Cataracts
  8. Circulatory Deficiencies
  9. Emphysema
  10. Esophageal Cancer
  11. Gangrene
  12. Halitosis (bad breath)
  13. Heart Disease
  14. Hypertension
  15. Infertility
  16. Kidney Cancer
  17. Laryngeal Cancer
  18. Leukoplakia
  19. Lung Cancer
  20. Lymphomas
  21. Mouth and Throat Cancers
  22. Osteoporosis
  23. Pancreatic Cancer
  24. Poorer Prognosis for Survival following Surgery
  25. Raynaud's Syndrome
  26. Reduced Immunity
  27. Stroke
  28. Tooth stains, Tooth Loss and Gum Disease
  29. Ulcers
  30. Upper Respiratory Diseases like Colds, Flu, Sinus Infections, Bronchitis and Pneumonia

(American Cancer Society, American Heart Association, American Lung Association, National Cancer Institute, Surgeon General Reports, US Centers for Disease Control, World Health Organization)