



00 REASONS

WHY YOU SHOULD KICK THE HABIT

Is your future up in smoke? You think you know, but you have no idea...

First off, which type of smoker are you? The Fiddler: uses cigarettes to give him/her something to do with his/her hands. The Nervous Type: uses cigarettes to hide feelings of anger, fear, or frustration (though it never solves any problem.) The Habitual Type: has the unconscious habit of having a cigarette in his/her mouth to gain no real pleasure. The Pleasure Seeker: tries to create a plus pleasant feeling when driving, eating, etcetera, where he/she can't find substitutes thereof. The Real Addict: has physical craving that increase with more cigarettes. The Pep-craver: tries to use cigarettes as a stimulant to get him/herself going- a "lift." On the contrary, it's a long-term "depressant." Whatever type you are, you are smoker and, to put it bluntly, a menace to yourself and to society. If you don't smoke, don't start. If you do, quit! And if you can't quit, keep trying ...

These nuggets of information uncover how smoking has been a threat to millions of lives and, with hope, would make you think twice about taking next puff.

1. It causes premature aging and premature wrinkling.
2. It may lead to cancer of the mouth.
3. It may cause cancer of the neck.
4. It may lead to cancer of larynx, which surfaces to the neck and spreads to lymph glands.
5. Most laryngeal cancers begin near the vocal chords, causing hoarseness and other changes in the voice.
6. It can cause gangrene due to decreased blood flow.
7. It can cause impotence.
8. About 87 percent of lung cancers are related to smoking.
9. Spouses of smokers have an approximately 30 percent increased risk of lung cancer.
10. Although non-smokers get lung cancer, the risk is about 10 times greater for smokers.
11. Cigarettes contain arsenic (poison).
12. A smoker more than 40 years old with one or more of the following: chronic cough, lots of phlegm and breathlessness may be suffering from chronic obstructive pulmonary disease (COPD).
13. Women with COPD are most likely to die than men.
14. Every cigarette you takes 10 minutes off your life.
15. It makes you reek.
16. It disrupts your blood vessels.
17. It leads to high blood pressure.
18. It wastes your money.

19. Each cigarette makes fatty deposits stick in your arteries.

20. Quitting, a healthy diet, and exercise may reduce the risk of heart disease.

21. Quitting is the single largest preventable cause of disease and premature death.

22. There are over 4,000 chemicals in cigarettes smoke, 69 of which are carcinogens and poisons.

23. Passive smoking is known to causes fetal growth impairment, asthma, bronchitis, pneumonia, and middle ear disease in children.

24. Exposure to smoke is responsible for up to 13 percent of asthma cases, 13 percent of ear infections, and 20 percent of all lung cases, 13 percent of ear infections, in children under five.

25. Tobacco smoke produces six times the pollution of busy highway when in a crowded restaurant.

26. Studies say that Filipino children start smoking as at the age of seven.

27. In 2004, the Philippines ranked 15th on tobacco consumption or about 1.6 percent of the world's total consumption.

28. The Philippines manufactured 73 billion cigarettes making us the 15th leading producer of cigarettes in the world in 2004.

29. In the ASEAN region alone, smoking has led to 3,000 deaths daily.

30. Ten Filipinos die by the hour of tobacco- related diseases.

31. According to the World Health Organization (WHO), of the country's general population, 34.8 percent are smokers comprising of 56.3 percent of adults males, 12.1 percent of adult females, and 21.7 percent of children aged 13 to 15 years old.

32. According to the Global Youth Tobacco Survey in 2007, six in 10 children live in homes where other people smoke in their presence.

33. Among minors, nine in 10 smokers want to quit.

34. Mainstream smoke refers to the smoke drawn through the mouthpiece of the cigarette when puffs are taken. Sidestream smoke is the smoke emitted from the smoldering cigarette between puffs.

35. Smoking is the main caused on emphysema.

36. Among lung cancer patients, a one-year survival rate is faced by 40.5 percent while a five-year survival rate is faced by 14.2 percent. Very few survive.

37. Women who smoke have lower fertility rates.

38. According to the American Council on Science and Health, smoking during pregnancy has been recognized as the single most important determinant of poor fetal growth in the developed world.

39. Smoking causes the worsening of disease like asthma, influenza, tuberculosis, and ulcer.

40. Cigarettes make it harder for saliva to remove germs in mouth.

41. It increases the risk of gum disease and tooth loss.

42. It damages teeth and causes bad breath.

43. It dries the skin.



44. It lowers the amount of nutrient for the skin.
45. It lessens the protection from skin-damaging agents.
46. Passive smoking in the midst of children causes irritation of their eyes, nose, and respiratory tract.
47. Secondhand smoke is six times more poisonous than mainstream smoke. Neither ventilation nor filtration, alone or in combination, can reduce exposure levels of tobacco smoke indoors to level that are considered acceptable, even in terms of odor, much less health effects.
48. At present, smoking kills one in 10 adults worldwide.
49. Half of all long-term smokers will eventually be killed by tobacco, half of them during the productive years of their lives.
50. In the Philippines, it is estimated that 20,000 Filipinos die each year due to smoking-related illnesses and this is expected to rise steadily over the next few years.
51. A cigarette is the only consumer product which, when consumed as indicated kills.
52. It is the main cause of chronic bronchitis.
53. There are at least 40 diseases that are known to be related to smoking.
54. Heart disease, emphysema, stroke, and chronic bronchitis patients who smoke have at least 10 times the risk of dying from these diseases as opposed to non-smokers.
55. Fifty percent of cases of coronary heart disease are attributed to smoking with smokers almost twice as likely to die of heart disease compared to non-smokers.
56. Over 90 percent of patients with peripheral vascular disease.
57. The risk of stroke is increased by 477 percent in smokers.
58. Descriptors like "mild," "low tar," "light," and "ultra light" all give the impression that effects will be less harmful. But there is no safe level of cigarette.
59. Tobacco is the world's leading cause of death, followed by lower respiratory infection and AIDS.
60. Of everyone alive today all over the world, 500,000,000 will eventually be killed by tobacco.
61. Among poor households, tobacco spending accounts for 2.6 percent of monthly family expenditure, higher than expenditure on education (1.6 percent) and health (1.3 percent), and the same as their clothing expenses.
62. Among the poorest households, tobacco spending gets 2.5 percent of their monthly expenditures and has bigger share than clothing (2.3 percent), education (1.4 percent), and health (0.9 percent).
63. In the Philippines, males smoke more cigarette-mostly 14 sticks per day-than females-mostly nine sticks per day.
64. The number of Filipinos who smoke has doubled over the past decade.
65. Singapore's restaurants and bars are all smoke-free.
66. "It has been suggested that cigarette smoking is the most addictive of habits-nicotine is the most addictive drug," says the British American Tobacco (BAT)
67. "Those who term smoking an addiction to do so for ideological-not scientific -reasons." -Philip Morris (1996).
68. The reproductive side effects of smoking include menstrual problems, reduced fertility, and premature menopause.
69. Smoking and exposure to secondhand smoke among pregnant women are major cause of spontaneous abortions, stillbirths, and sudden infant death syndrome (SIDS). It increases the risk of low-birth-weight babies and health and development problems.
70. It causes 30 percent of all cancer deaths. It is a known cause of oral cancer and cancer of esophagus, and has been associated with bladder, kidney, pancreatic, and stomach cancer.
71. It can cause acute myeloid leukemia.
72. Women smokers have an increased risk of cervical and vulvar cancer.

- 73.** Cardiovascular disease, including heart attacks and stroke, is the overall leading cause of death among women and smoking accounts for one of every five deaths from cardiovascular disease. Altogether, cardiovascular disease kills more than half a million women each year. Women who smoke are two six times as likely to suffer a heart attack as non-smoking women, and women smokers have a higher relative risk of developing cardiovascular disease than men.
- 74.** Women who smoke and use oral contraceptives are up to 40 times more use likely to have a heart attack than women who neither smoke nor use birth control.
- 75.** Children from families who smoke are twice as likely to become smokers themselves.
- 76.** Women smokers may have increased risks for liver and colorectal cancer.
- 77.** Smoking reduces a woman's fertility. Women smokers tend to take longer to conceive than women smokers are at a higher risk of not being able to get pregnant at all.
- 78.** Smoking and exposure to secondhand smoke during pregnancy directly increase the risk of abnormal blood pressure in infants and children, cleft pallet and lips, childhood leukemia, infantile colic, childhood wheezing, respiratory disorders, attention deficit disorder, behavioral problems, and other learning problems.
- 79.** A number of studies has linked low-tar cigarettes and smokers' compensation (especially their drawing smoke from low-tar cigarette more deeply into lungs) to increases among smokers of adenocarcinoma, a previously rare type of lung cancer that afflicts the tiniest airways of the lung.
- 80.** Women smokers have a greater risk for hip fracture than their non-smoking counterparts.
- 81.** Women who smoke are more likely to have menstrual problems including painful periods, irregular bleeding, missed periods, and early onset of menopause.
- 82.** Cigarette smoking is a risk factor for osteoporosis.
- 83.** Post-menopausal women who are smokers have lower bone density versus women who never smoked.
- 84.** Male and females smokers increase their risk of death from bronchitis and emphysema by nearly 10 times.
- 85.** Women who stop smoking reduce their risk of dying prematurely. While the benefits of quitting are greater at a younger age, quitting smoking has a health benefit at any age.
- 86.** Ten to 15 years after quitting, female ex-smoker's risk of stroke is almost equal to that of a woman who never smoked.
- 87.** In 2003, the number of cigarette smokers in the Philippines was one of the highest in the world.
- 88.** The Western Pacific region, where the Philippines is located, has one-third of the world's smokers. It has the highest rate of male smokers and the fastest increase of smoking among children and young women.
- 89.** In 2004, a study in China found that there were more women who died from lung cancer and heart disease brought by exposure to secondhand than women smokers who were killed by the same ailments. Around 48,400 women died from lung cancer and ischemic heart disease attributed to secondhand smoke compared to 47,300 women smokers who died from lung cancer and heart disease.
- 90.** While we already have health warnings on cigarette packages, it is proven that such textual warnings are not as effective as graphic health warnings.
- 91.** The proliferation of call centers in the Philippines brought jobs and revenue to the country. A report states, however, that the daily experience is of repetitive, intensive, and stressful work, which frequently results in employee "burnout." As these employees often seek ways to relieve stress, a new group of smokers is rising up from the call center industry as more young Filipinos are turning to cigarettes to calm their nerves.
- 92.** An internationally recognized expert on child protection and the director of Cornell University's Family Life Development Center, opined that parental smoking is "child abuse" because children are exposed to secondhand smoke and harmed or even killed by such exposure.

93. According to the WHO, more than half of Filipino household are not smoke-free. Children are vulnerable because they have no voice in the matter and cannot protect themselves.
94. Subjecting a woman to secondhand smoke with knowledge of its harmful consequences is “abuse.” It affects her health, lowers the quality of her life, and makes her susceptible to diseases that may potentially kill her.
95. Smoking has killed 100 million people in the 20th century.
96. Two Hundred and forty Filipinos die every day due to smoking.
97. The Picture-Based Health Warning Bill aims to present a more accurate depiction of “real life debilitating diseases caused by tobacco smoking through strong warning messages in pictures.”
98. Globally, 96 percent of smokers had admitted that picture-based warnings against smoking would most likely make them quit compared to text warnings.
99. The pictorial health warnings on cigarette packs are based in Canada, Brazil, Singapore, Jordan, Venezuela, Thailand, Uruguay, Chile, Australia, Hong Kong, Belgium, the UK, India, and New Zealand.
100. **Impotence and fertility problems.** Men who quit smoking are less likely to develop problems achieving and maintaining an erection. Women who quit smoking are less likely to have problems becoming pregnant. Smoking has severe harmful effects on the men who have sperm count on the lower side. Smoking not only affects reproductive capability of parents but also causes cancer in their children by causing mutations in genes and chromosomes.

Recent research suggests that people who smoke are over 50% more likely than non-smokers to have serious relationship problems. Smoking can create complications and health issues that affect fertility. The toxins in cigarettes can adversely affect reproductive organs in women and men.

Research also suggests that smoking affects the amount of semen and sperm produced in males, as well as affecting the quality of the sperm.

Study showed that female smokers have about a 50% higher relative risk of dying from vascular disease. The present study confirmed this sex difference and found that the difference is not affected by adjustment for other cardiovascular risk factors. Smoking has a fatal effect on both sexual as well as reproductive health.