

BREAKING UP IS HARD TO DO

but dear cigarette
there are so many reasons for me...
i remember the first time we met
and all that we've been through together
why do I crave something that is soooo wrong
risk mutations standing outdoors in the cold
tooth decay pulmonary

stroke bad for you
if I only realized those moments of peace and quiet that I thought you were giving me, were actually robbing me
chronic hypertension
aneurysm
that carry blood to your legs or arms become partially or totally blocked by the build up of fatty material on the artery walls, the tissue dies.
addiction ulcers complications
hypertension cardiovascular obstruction
vascular problems larynx bladder cancer
urinary problems rheumatoid arthritis
my life = consequences

breast cancer exacerbates disease
findings that one researcher says will change how cancer is viewed.
Fact: Researchers have mapped the DNA mutations in skin and lung cancer
emphysema
illness
tobacco
costs

causes smoking over time, to become death clogged.
Smoking damages your blood vessels
This restricts blood flow and can lead to a condition known as peripheral arterial disease.
genetic exposure
peridontal attack
airway exposure
coronary
tumours
fracture
bone
gastrointestinal disease
Escherichia coli
infections
bacterial
stomach
inflammation
esophagus
ulcers
stress
tract

the dead tissue is called gangrene
Gangrene can lead to amputation
and so on and on...
lung cancer
diabetes
stillbirth
skin
poor sex life
rhinitis
myocardial
mutations or one mutation for every 15 cigarettes
23,000 mutations
found almost
the British team
For lung cancer, cancer is viewed.

but this relationship won't work
leukemia
colds
allergies
poisoning
pollution
infectious diseases
dermatitis
kidney cancer
tuberculosis
bronchitis
myeloid
impotence
damage
infertility
and all that we've been through together
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Make today the day you kiss tobacco goodbye.

FOR ADVICE AND SUPPORT ON HOW TO BREAK UP WITH TOBACCO, CALL YOUR TOLL-FREE QUIT LINE NUMBER OR SPEAK TO YOUR HEALTH CARE PROFESSIONAL INCLUDING YOUR PHARMACIST OR DENTAL PROFESSIONAL.

NATIONAL NON-SMOKING WEEK — WWW.NNSW.CA