

11 FUMO-sigarette.

Nel mondo ci sono 8 miliardi di persone di cui 1,25 miliardi fumano [in Italia 12 milioni di persone fumano].

Vengono prodotte 6 miliardi di sigarette al giorno.

Esistono 3 tipi di sigarette:

SIGARETTE ELETTRONICHE

SIGARETTE TRADIZIONALI

SIGARETTE A TABACCO RISCALDATO

Il 50% dei ragazzi e ragazze (tra l'età di 15 e

19 anni) ha provato a fumare almeno una volta.

WHY YOU SHOULD QUIT

The health effects of smoking are well known. But there are all kinds of benefits to kicking the habit.



- You'll live longer.** Your lungs will immediately work better. Within a year of quitting, your risk of heart attack declines by 50 percent. Within 10 years, your risk of lung cancer will be about the same as if you'd never smoked at all.
- Your lungs will heal faster.** Within a year of quitting, your risk of heart attack declines by 50 percent. Within 10 years, your risk of lung cancer will be about the same as if you'd never smoked at all.
- You'll smile brighter.** Nicotine and tar stain your teeth.
- You'll get sick less often.** Smoking damages your airways and makes you more prone to coughs, colds and infections.
- You'll look younger.** Nicotine can block the blood supply to your skin, and smokes dry your skin, both of which can increase wrinkles.
- You'll have more money in your pocket.** The average pack of cigarettes in Kentucky costs \$4.76. If you smoked a pack a day, you'd spend more than \$1,700 a year. Think of what else you could do with that money.
- You'll taste better.** Smoking irritates your nose and mouth.
- Your cholesterol will improve.** Smoking raises LDL ("bad") cholesterol and may raise HDL ("good") cholesterol so it fails to protect your arteries.

UKHealthCare.
Gill Heart Institute