WARNING: Cigarettes cause cancer.
Every cigarette you smoke increases risks of mouth, throat, and esophageal cancer. Smoking is a leading cause of death from cancer.

WARNING: Cigarettes are addictive.
Every cigarette you smoke increases your addiction. Studies have shown that tobacco can be harder to quit than heroin or cocaine.

WARNING: Smoking can kill you. Every cigarette you smoke shortens your lifespan. The average smoker dies about 14 years sooner than nonsmokers.

WARNING: Quitting smoking now greatly reduces serious risks to your health. Every cigarette you smoke hurts your health. Within 2-3 weeks after quitting smoking, your circulation and lung function improve. Within a year, your risk of heart disease is cut in half.

WARNING: Cigarettes cause fatal lung disease.
Every cigarette you smoke increases your risk of crippling, often fatal, lung diseases such as emphysema.

WARNING: Tobacco smoke causes fatal lung disease in nonsmokers.
Every cigarette you smoke is not just inhaled by you. It becomes second-hand smoke, which contains more than 50 cancer-causing agents.

WARNING: Smoking during pregnancy can harm your baby.
Every cigarette you smoke during pregnancy increases your baby’s risk of illness, disability, and death.