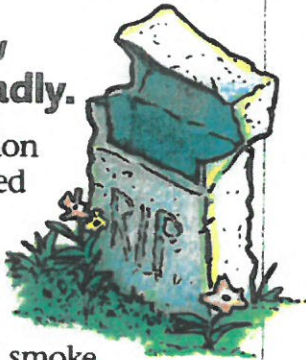


Now we know tobacco is deadly.

More than 20 million Americans have died from smoking in the last 50 years; 2.5 million of those deaths were due to secondhand smoke.



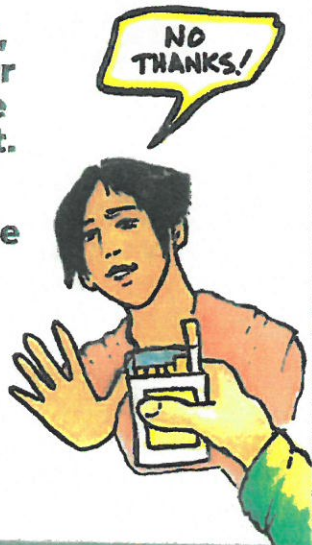
Tobacco-related deaths can be prevented.

We know more must be done to help people quit.

We know more must also be done to keep people from starting. If not, 5.6 million young people alive today may die early from smoking.

If you smoke, talk with your doctor. Make a plan to quit.

If you don't smoke, please don't start.



Do you know about the Surgeon General's reports? They give us the best scientific information available on health.

Inside, you will find a summary of the latest report on smoking:
The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General.
www.surgeongeneral.gov/library/reports

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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Special thanks to our medical, professional and audience reviewers.

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Please do not duplicate. Printed on recycled paper.

Title #5762 ISBN 978-1-56885-762-6

For ordering information contact:
JOURNEYWORKS PUBLISHING
P.O. Box 8466 • Santa Cruz • CA 95061
800 • 775 • 1998 www.journeyworks.com

SURGEON GENERAL'S REPORT

Smoking It's Even Worse Than You Think



AN EASY-TO-READ SUMMARY

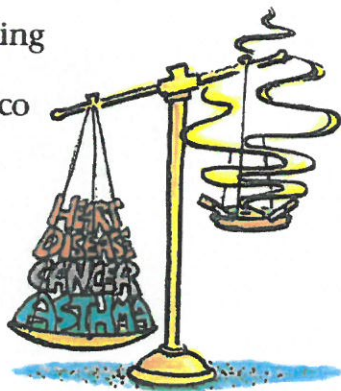
The first Surgeon General's report, more than 50 years ago, said that cigarettes caused lung cancer.

Since then we have learned even more about the harm smoking causes. Now we know there is no such thing as a safe tobacco product.



We used to think smoking just caused lung cancer.

Now we know smoking affects every cell in your body. The toxins in tobacco smoke harm the DNA in your cells. This can set your body on a path to cancer. Smoking causes at least a dozen types of cancer.



We used to think the only serious health risks from smoking were cancers.

Now we know smoking causes heart disease, stroke and chronic obstructive pulmonary disease (COPD). It can lead to diabetes, vision loss and rheumatoid arthritis. It can harm your



immune system and increases your risk of tuberculosis. Smoking while pregnant can cause birth defects.

We used to think filters made cigarettes less harmful.

Now we know that filters make it easier to inhale the toxins deeply into the lungs. Smokers today are more likely to get lung cancer than the smokers of fifty years ago.



We used to think tobacco smoke only harmed the smoker.

Now we know secondhand smoke can cause lung cancer in nonsmokers. It can cause heart disease and stroke. It can lead to asthma attacks and ear infections. It can also cause sudden infant death syndrome (SIDS) and low birth weight in babies.

We used to think tobacco companies made "light" and "low-tar" cigarettes as a way to make smoking safer. The ads made it seem that way.

Now we know tobacco companies used false advertising. In fact they are no longer allowed to label their products "light" or "low-tar." There is no such thing as a safe cigarette.