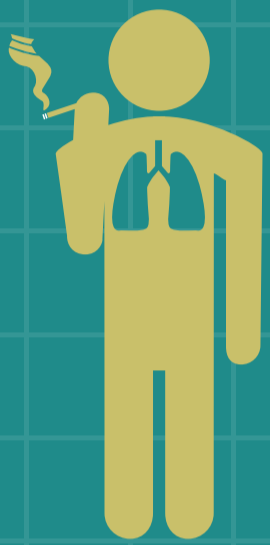


Smoking

know the facts



Smoking causes
90%
of all lung cancer



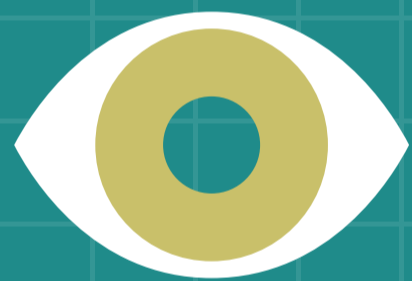
Every day more than 6 people die in Northern Ireland from smoking-related illnesses



Babies exposed to second-hand smoke are

3 times

more likely to die from cot death



Smoking increases the risk of blindness



Quitting smoking for
1 year

reduces the risk of a heart attack to about half that of a smoker



Quit smoking for 10 years and you will have saved

£34,000

(based on a 20-per-day smoker)



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate)
www.publichealth.hscni.net

For advice and support or to find your local stop smoking service, visit www.want2stop.info

Text 'Quit' to 70004 for free SMS support.

You can also follow **Want2stop** on Facebook

