

KILLER SMOKE

Every one knows:
Tobacco use results in various health
problems.

Tobacco kills about half of its users.
Second-hand smoke, can cause the same
health problems as smoking yourself.

And yet, WHY IS IT SO HARD TO QUIT SMOKING?

Tobacco is the largest source of nicotine. A
single puff releases dopamine (a happy
hormone) and makes you feel good. Hence,
it is hard to quit.

The craving for nicotine is nicotine
dependence. The more you smoke, the
higher the craving.

Tobacco use withdrawal can be challenging,
and it's not your fault!

*If you cannot give up on smoking or other
tobacco products, meet your doctor.*

