

THE SMOKING LIFESTYLE

Some get into the smoking habit because it's widely perceived to be an act of sophistication or rebellion. In fact recent surveys suggest that nearly 40% of young people believe smokers are less likely to conform than those who choose to stay smoke free. It's a tempting image, one which has long been manipulated by the media to reinforce certain ideas, attitudes and beliefs.

JOINING THE PACK

Experts reckon the single most important factor that determines whether you'll ever spark up a ciggie is whether or not your friends smoke. Peer pressure can be a powerful force, and how strongly you can resist it depends on your self-esteem. If you feel confident in yourself then you're less likely to do things like try a cigarette simply because others say you should.

YOUR BACKGROUND

Growing up in a smoky environment is likely to influence your opinion on the habit. Some react against it, others fall into the same habits.

THE ADDICTION FACTOR

It's possible to become psychologically dependent on anything you do on a regular basis to change your mood. When it comes to cigarettes, this means you keep lighting up because you feel that you can't manage without a smoke.

Becoming dependent on cigarettes doesn't happen overnight. Often, it only turns into a problem when you realise you can't stop.

SAVE YOUR LIFE

Smoke and your chances of dying early shoots up. Here's what a long-term habit can do:

- Cancer (lungs, mouth, nose, throat, leukaemia,
- Chronic-breathing problems like bronchitis and emphysema.
- Coronary heart disease, strokes and even gangrene.
- Smoking has been linked to a variety of other conditions and disorders, including slowed healing of wounds, infertility, and peptic ulcer disease.

Research estimates that almost five million people died from smoking-related diseases across the world in 2002.



HELP!

Email: stopsmoking@quit.org.uk

Quitline: 0800 002200

BHF smoking helpline: 0800 169 1900

MSP: mssp@maccabiqb.org



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It's

**time for the
truth**

- Smoking just 3 to 6 cigarettes a day doubles your chance of having a heart attack.
- Smokers are more than twice as likely to have a fatal heart attack than non-smokers.
- One in five people die from smoking in GB.
- About half of all regular smokers will be killed by their habit.