

20 εικόνες που κόβουν το τσιγάρο

/ [Γενικά Θέματα](#)



Κι ένα τεστ για να μετρήσεις τη ζημιά

Τα αντικαπνιστικά αφιερώματα έχουν «επίσημως» την τιμητική τους στις 31 Μαΐου, παγκόσμια ημέρα κατά του καπνίσματος. Ωστόσο, σύμφωνα με τον Παγκόσμιο Οργανισμό Υγείας το κάπνισμα σκοτώνει 4 εκατομμύρια ανθρώπους ετησίως. Έναν δηλαδή κάθε δέκα δευτερόλεπτα. Κατά τις εκτιμήσεις του ΠΟΥ, το 2030 οι ετήσιοι θάνατοι από τσιγάρο θα ανέλθουν στα 10 εκατομμύρια.

«Αν το κάπνισμα δεν επιτρέπεται στον παράδεισο, τότε δεν θα πάω» είναι η διάσημη ατάκα του Μαρκ Τουέιν. Από τις εκατοντάδες αντικαπνιστικές αφίσες που αντιπαραβάλλονται στις cool διαφημίσεις τσιγάρων, ακολουθούν 20 που δείχνουν το δρόμο για την «κόλαση».

Στη φινλανδική ιστοσελίδα [Tobacco Body](#) μπορείς να δεις με τον πιο διαδραστικό τρόπο πώς είναι η ζωή με και χωρίς τσιγάρο.

Όπου υπάρχει καπνός, υπάρχει και ζημιά;

Smoking Kills



Issued in public interest by





It's called suicide because it's your choice.

Give up smoking:
0 8008 700 700





SMOKING CAUSES PREMATURE AGEING
Love the smoke, keep the fire this World No Tobacco Day, 31st May



SECONDHAND SMOKERS ARE ON THE WORST SIDE OF THE CIGARETTE

Secondhand smoke is more dangerous than firsthand smoke :
it contains 4000 chemicals, including 50 that can cause cancer.

droitsdesnonfumeurs.fr





**A CHEAPER
WAY OF
LOOKING
SMOKING
HOT...QUIT!**

READY TO BE TOBACCO FREE?

CALL **1-866**
NEW-LUNG
(639-5864)

FOR FREE HELP IN QUITTING TOBACCO



Tobacco Prevention and Cessation projects are made possible by Tobacco Settlement Revenue Funds administered by the County of Orange Health Care Agency/Tobacco Use Prevention Program.







Daddy couldn't
give me pocket
money .





Ingredient #223...Tar -- Ingredient
#782...Formaldehyde -- Ingredient #42...Cadmium

**EVER THOUGHT ABOUT
WHAT YOU PUT IN YOUR
BODY WHEN YOU SMOKE
OR USE TOBACCO?**

Cigarette smoke contains over 7,000 chemicals, including 69 known cancer-causing (carcinogenic) compounds and 400 other toxins. These include nicotine, tar, and carbon monoxide, as well as formaldehyde, ammonia, hydrogen cyanide, arsenic, and DDT.



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Source: Rackeblut (2010). How tobacco smoke causes disease: the biology and behavioral basis for smoking-attributable diseases, a report of the Surgeon General. Department of Health and Human Services, Public Health Service, Office of Surgeon General.





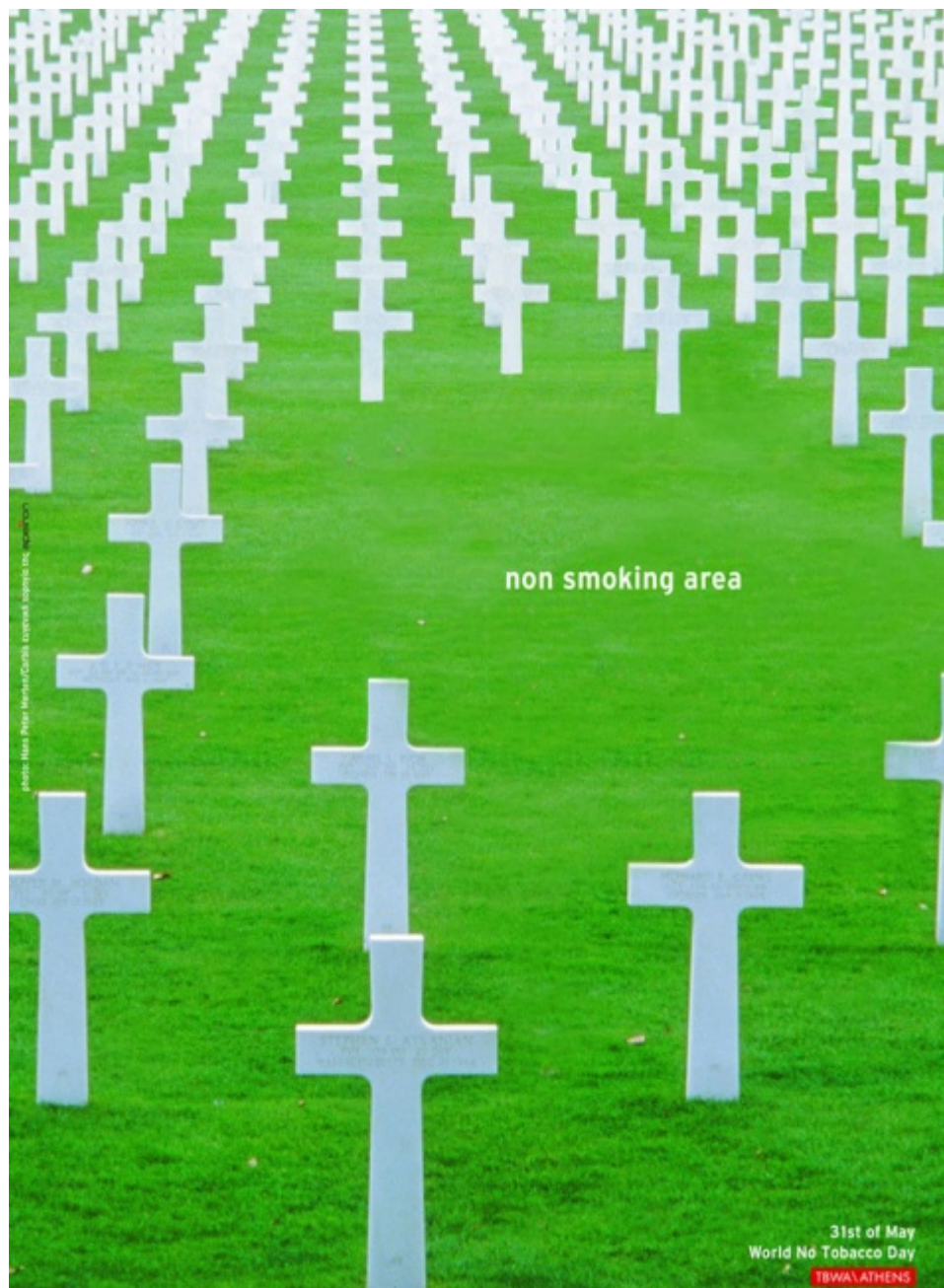


photo: Alex Peter Bernasconi/Corbis, L'Espresso magazine, INC. SPAIN/ON



FATHER STEALERS

While serving their country, 118 fallen Canadian heroes were brought back from the war in Afghanistan since 2001. Last year 45,000 Canadians were killed by smoking related illnesses. Cigarettes are responsible for one in five deaths in Canada. Reality is that more Canadians die of smoking than they do at war. It's a harsh reality, so please help us fight cancer before it rips more lives apart, please call 1 888 939-3333 for donations.







FAJČENIE? BUDE TO TVOJA RAKOVINA!



LIGA PROTI
RAKOVINE



smokers make poor swimmers.

for information on smoking and health, visit www.ash.org.uk

ash.



When you smoke, your baby smokes.

Smoking while pregnant causes birth defects, brain damage, and regret. Call 1-800-QUIT-NOW or visit vtquitnetwork.org
VERMONT DEPARTMENT OF HEALTH

Πηγή: athensvoice.gr