

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-

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SMOKING VERSUS HEALTH

Smoking is the major cause of preventable disease, disability and premature death in the United States.

Every time you smoke a cigarette, the blood supply to the heart muscle is decreased by 30% for over an hour! Cigarette smoke contains over 4000 substances which adversely affect good health. A pack per day smoker, puffs more than 70,000 times a year. An estimated 430,000 premature deaths occur each year due to cigarette smoking. Additionally nicotine is addictive.

These statistics are frightening! Yet, many continue to play "Russian Roulette", smoker's style. Permanent damage occurs in the blood vessels, heart and lung. Cigarette smoking is the single most important cause of cancer.

Oftentimes the comment is made: "Well, you have to die of something"! Statements like this show a pathetic lack of insight into the prolonged suffering which is the rule rather than the exception with tobacco induced illnesses.

So, be good to yourself! Don't smoke!

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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