

HEALTH TOLL	SOCIAL LIFE	COSTS
About 40,000 Canadians will die this year because of smoking. Three times more people die of smoking than traffic accidents, suicides, AIDS, murder, fires, and accidental poisoning combined .	Many public places do not allow smoking including schools, many workplaces, stores, public transportation, and restaurants.	Smokers may find it more difficult to get a job. Many workplaces do not allow smoking, and employers are also learning the costs of smoking to the workplace: higher maintenance costs, greater fire hazard, damage to furniture, etc.
Tobacco products, when used as intended, are the leading preventable cause of death and sickness.	Non-smokers who breathe in second-hand smoke increase their risk of lung disease.	Smoking is expensive. At \$6.00 per pack, a person smoking 1 pack per day spends \$2,190.00 per year on cigarettes. That's enough money for a new CD player or a down payment on a car!
Cigarettes contain over 4,000 chemicals. Many of these chemicals can cause cancer, including ammonia, cyanide, carbon monoxide, and formaldehyde.	Second-hand smoke that non-smokers inhale contains more deadly chemicals than the smoke the smokers are inhaling.	As a smoker, you might pay higher life insurance and medical premiums. You also have a greater risk of losing your house in a fire.
Smoking causes 85% of all lung cancers and chronic bronchitis, 33% of all heart disease, and 33% of all strokes in Canada.	Smoking offends other people. About 29% of Canadians smoke. This means that smokers are the minority.	Careless smoking is the biggest cause of house fires and forest fires.
Smokers lose an average of 23 years of life.	Second-hand smoke causes about 330 lung cancer deaths per year.	Smoking is responsible for \$9.56 billion in costs, or \$336 per person in Canada. This is more than ½ of the total drug abuse costs in Canada.

The Costs of Substance Abuse in Canada, Canadian Centre on Substance Abuse, 1995.

Quit for Life Facilitator's Guide, Health Canada, 1994.

Manitoba Lung Association