What does avoiding tobacco do for you?

- **Total Worker Health:**
  - **Tobacco**

**Keeps your hearing sharp and improves your night vision.**

**Your breath, hair, and clothes smell better.**

**Your heart is healthier and stronger. Quitting can lower blood pressure and heart rate almost immediately.**

**Your risk of heart attack, stroke, coronary heart disease, and emphysema all go down.**

**Quitting smoking can prevent permanent scarring of your lungs.**

**Your immune system is stronger, so you’re less likely to get sick.**

**Increases the oxygen in your blood; your muscles will become stronger and healthier.**

**Your blood is thinner and less likely to form dangerous blood clots.**

**Reduces belly fat and lowers your risk of diabetes. If you already have diabetes, quitting can help you keep your blood sugar levels in check.**

**Improves blood flow to wounds, helping them heal properly.**

**Reduces your risk of bone fractures, both now and later in life. If you do break a bone, healing time is cut in half.**

**Tobacco is the leading preventable cause of death in the U.S.**

**40% of all cancers.**

**Sources:**
- CDC
- Smokefree.gov