

# Total Worker Health:

# TOBACCO

## What does avoiding **tobacco** do for you?

The diagram shows a human silhouette with various organs and systems highlighted by orange icons. Lines connect these icons to text boxes describing the benefits of quitting tobacco. The icons include: ears and nose for hearing and vision; a heart for cardiovascular health; lungs and a virus for respiratory health; a drop of blood for blood thinning; a flame for diabetes; a bone and a stopwatch for bone health; and a skin icon for skin improvement.

Keeps your hearing sharp and improves your night vision.

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

Quitting smoking can prevent permanent scarring of your lungs.

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

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.

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

Your breath, hair, and clothes smell better.

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

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

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

Improves blood flow to wounds, helping them heal properly.

Your skin improves. Quitting can protect your skin from premature aging and wrinkling and help clear up blemishes.

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

**Tobacco** is linked to

**40%** of all cancers.