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# PULL THE PLUG ON TOBACCO



ABOUT 6 MILLION PEOPLE DIE FROM TOBACCO USE EVERY YEAR.

## NEWSLETTER

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WHY SHOULD YOU PLEDGE TO STOP



- Your risk for **Lung cancer** drops by half within **10 years**.
- Non-smokers live about **10 years longer** than smokers.
- Your heart rate and blood pressure drop back to normal within **2 hours** of your last cigarette.

ARE YOU ENVIRONMENTALLY CONSCIOUS?

- Growing tobacco requires large amount of **pesticides** and fertilisers that can be **toxic and pollute water** supplies.
- Each year, tobacco farming results in global **deforestation** of between 2-4%. Cigarette manufacturing produces >2 million tons of solid waste yearly.



IMAGE CONSCIOUS

- Smoking causes skin discolouration, wrinkles and premature aging due to biochemical changes in the body that speed the aging process.
- Smoking stains teeth.
- Smoking makes your skin, hair and breath smell.

FOR THE SOCIALITES:

- Smoking diminishes your sense of **smell and taste**, making it **harder to enjoy food** to its fullest. Additionally, **smoking poses a risk** to those around you. (This behavior may not be well-received by others, potentially leading to unpopularity.)
- Furthermore, second-hand smoke increases the risk of **heart attacks, strokes, and cancer** for non-smokers.



FOR THE HEALTH-CONSCIOUS

- Smoking **increases your risk for death** from all causes.
- Smoking increases your risk of cancer almost anywhere in the body including the **stomach, pancreas, liver, bladder and cervix**.
- Smoking increases your risk for developing diabetes by 30-40%.
- Smoking can increase your risk for **cataracts** which will **affect your vision**.
- Smoking makes you more susceptible to **colds and flu**.



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