



University  
of Windsor

# 5

## Things About...

# SMOKING

No matter how long you have been smoking, your body will start to repair itself the minute you quit smoking.

Consider the health benefits of quitting; take the first step today.

#1

Smoking is the number one cause of preventable death and chronic diseases in Canada, killing approximately 48,000 people per year.

#2

Smoking is a major cause of heart disease and cancer, including 85% of lung cancer. Smoking forces the heart to work harder and severely damages cells and tissues.

#3

Tobacco smoke contains more than 7000 chemicals, including at least 70 that cause or promote cancer.

#4

Nicotine found in cigarettes is a powerful drug, causing 3 out of 5 people who experiment with cigarettes to become addicted.

#5

85% of all smokers started smoking before their 19th birthday. We need to better protect and educate our youth about the negative impacts of smoking.

We look forward to welcoming you to our smoke-free campus in the fall 2021.



**SMOKE-FREE  
CAMPUS**

Fall 2021

Visit [uwindsor.ca/smokefreecampus](http://uwindsor.ca/smokefreecampus) for more information, resources and supports.

Sources listed online.

Scan me!

