

WHY?

Be Tobacco-Free

- Smoking causes diseases in nearly every organ of the body. Among other things, smoking causes:
 - Many forms of cancer.
 - Lung disease.
 - Heart disease.
 - Cataracts.
 - Reproductive problems.

- 2004 Surgeon General's Report, "The Health Consequences of Smoking"



NORTH DAKOTA
DEPARTMENT of HEALTH

North Dakota Tobacco
QUITLINE
1•800•QUIT•NOW