

Tobacco Free Living

Everyone is affected by smoke whether you are a smoker or non-smoker...

- Body, hair, clothes, car or home have an unpleasant odour.
- Heart rate speeds up, blood pressure rises.
- Breathing may become uncomfortable or difficult.
- Risk increases for lung cancer, heart disease and respiratory diseases.
- Existing health problems such as heart disease and respiratory diseases can become worse.

It is never too late to stop smoking

Smoking cessation and smoke-free spaces are essential to health protection and the promotion of healthy aging throughout the life course, including the senior years. Here are a few other good reasons for you to quit smoking:

- Non-smokers have a much lower risk of getting dozens of smoking-related diseases.
- Good example for your children and grandchildren.
- Smoking will no longer affect the health of people around you.
- More energy to do the things you love.
- Save money - a pack of cigarettes a day adds up to more than \$3,000 a year!
- Pay lower life insurance premiums.
- Cigarettes will no longer control your life.

Smokers' Helpline

The Helpline offers information, advice, and support to anyone who is affected by tobacco.

Tel: 1-877-513-5333

www.smokershelpline.ca

Healthy aging... body, mind and spirit

is published in English and French by:
Senior and Healthy Aging Secretariat
PO Box 6000, Fredericton NB E3B 5H1
Tel: 506-457-6811

seniors@gnb.ca

www.gnb.ca/seniors

Healthy aging *body, mind and spirit*



For more information contact:

NB Lung Association

Tel: 1-800-565-LUNG (5864)

nblung@nbnet.nb.ca www.nb.lung.ca

Heart and Stroke Foundation, NB

Tel: 1-800-663-3600

www.heartandstroke.nb.ca

Canadian Cancer Society, NB

Tel: 1-800-455-9090

ccsnb@nb.cancer.ca www.cancer.ca

Health Canada

Tel: 1-800 O Canada

info@hc-sc.gc.ca www.gosmokefree.gc.ca