

IN THE KNOW:

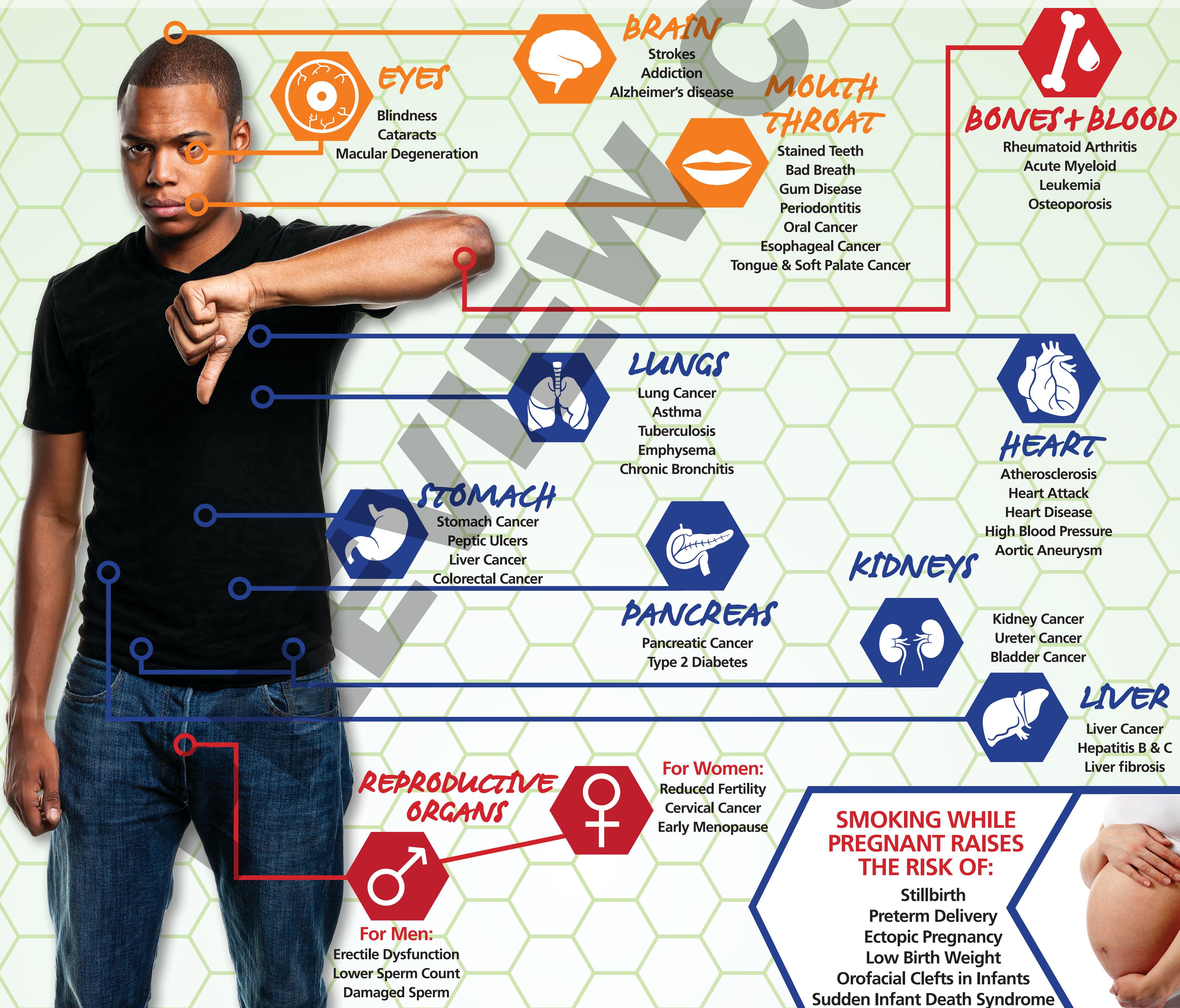
Tobacco



Cigarettes and other tobacco products damage nearly every organ in the body. These products

How It Affects the Body

cause a number of diseases and also increase the likelihood that a user will **develop other long-term health problems**. Just by itself, cigarette smoking is the **leading preventable cause of death** in the U.S. Quitting tobacco can add years to a person's life, but it's best to not even start using these products in the first place.



Quit - or Better Yet - Don't Start!