

CLEAR THE AIR HAS A MESSAGE FOR YOU:

TO ALL CURRENT AND POTENTIAL SMOKERS – QUIT, CEASE AND DESIST
IT'S NOT COOL TO SMOKE BECAUSE YOUR PEERS ARE IDIOTS
TOBACCO WILL KILL 2 OUT OF THREE OF ITS USERS, VERY PAINFULLY AND HORRIBLY
NICOTINE IS MORE ADDICTIVE AND TOXIC THAN HEROIN AND CRACK COCAINE
SMOKING WILL TAKE 10 YEARS OF YOUR LIFESPAN AND LEAVE YOUR FAMILIES ALONE
GET SMART,GET HEALTHY, SAVE YOUR LIFE



<https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-015-0281-z>

Tobacco smoking and all-cause mortality in a large Australian cohort study: findings from a mature epidemic with current low smoking prevalence Emily Banks [Email author](#),

Current smokers are estimated to die an average of 10 years earlier than non-smokers.

Conclusions

In Australia, **up to two-thirds of deaths in current smokers can be attributed to smoking.** Cessation reduces mortality compared with continuing to smoke, with cessation earlier in life resulting in greater reductions.