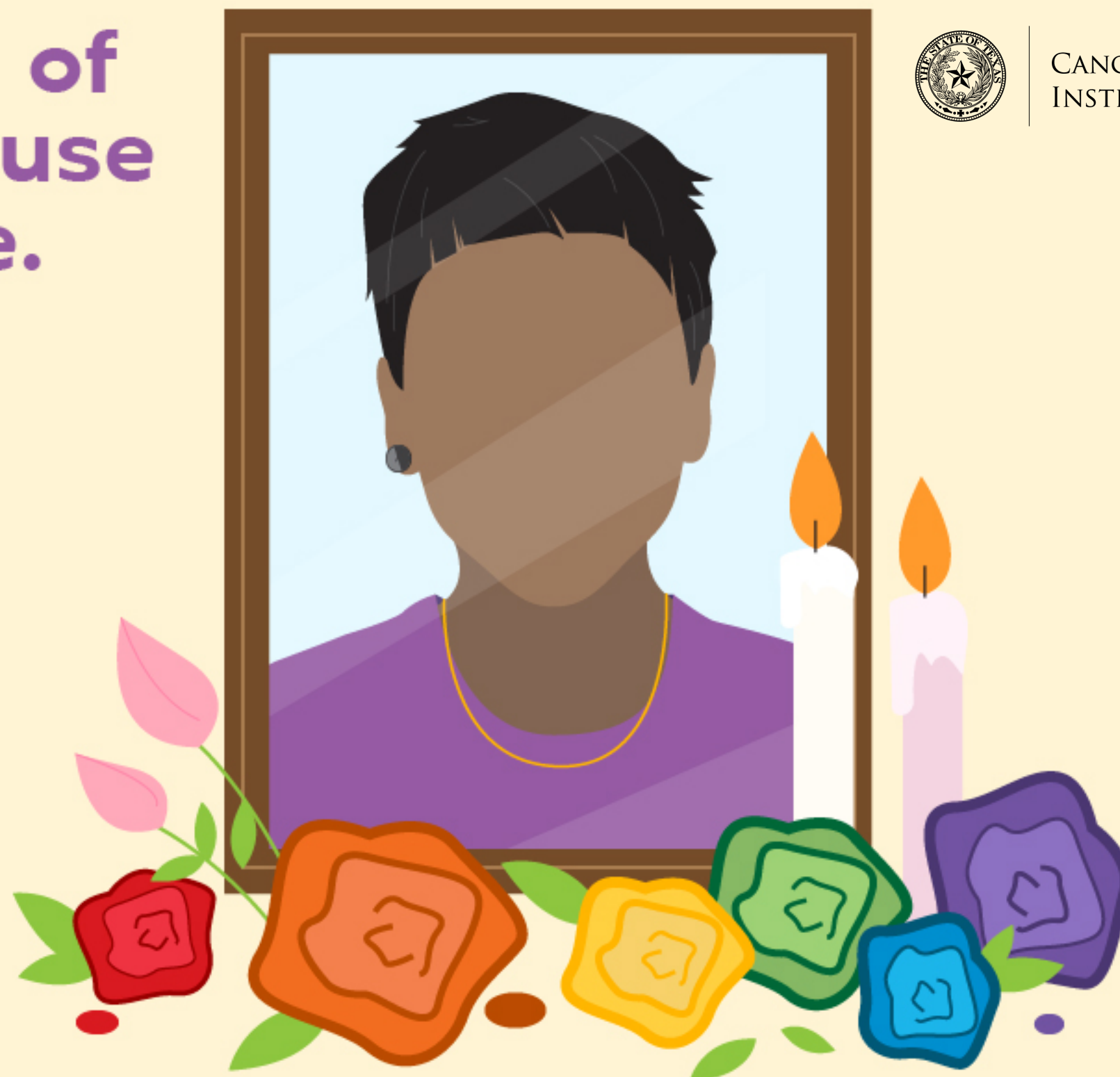


**No level of
tobacco use
is safe.**



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**Smoking as little as 1 cigarette a
day over your lifetime increases
your risk of early death.**

Inoue-Choi M, Liao LM, Reyes-Guzman C, Hartge P, Caporaso N, Freedman ND. Association of Long-term, Low-Intensity Smoking With All-Cause and Cause-Specific Mortality in the National Institutes of Health–AARP Diet and Health Study. *JAMA Intern Med.* 2017;177(1):87–95. doi:10.1001/jamainternmed.2016.7511

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PROUD
Free**