

# Know the Risks

|           |             |                   |             |                |
|-----------|-------------|-------------------|-------------|----------------|
| Tobacco   | Acetone     | Chemicals         | Smell       | Depression     |
| Boredom   | Taste       | Heart Rate        | Addiction   | Nicotine       |
| Tar       | Anxiety     | <b>FREE</b>       | Gum Disease | Cough          |
| Cravings  | Smoke       | Dentist           | Lung Cancer | Stress         |
| Cigarette | Chewing Gum | Esophageal Cancer | Asthma      | Blood Pressure |

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|-------------|-------------------|-------------|-----------|----------------|
| Gum Disease | Depression        | Anxiety     | Tar       | Asthma         |
| Smell       | Cough             | Cravings    | Taste     | Addiction      |
| Triggers    | Esophageal Cancer | <b>FREE</b> | Boredom   | Chemicals      |
| Lung Cancer | Nicotine          | Heart Rate  | Smoke     | Blood Pressure |
| Acetone     | Tobacco           | Withdrawal  | Cessation | Chewing Gum    |

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|-------------------|------------|-------------|----------------|------------|
| Gum Disease       | Boredom    | Lung Cancer | Cessation      | Addiction  |
| Acetone           | Withdrawal | Triggers    | Blood Pressure | Taste      |
| Carbon Monoxide   | Smoke      | <b>FREE</b> | Dentist        | Nicotine   |
| Esophageal Cancer | Cravings   | Cough       | Anxiety        | Stress     |
| Asthma            | Tar        | Depression  | Chemicals      | Heart Rate |