Did you know that tobacco use is the single most preventable cause of death globally?

But, nearly 6 million people are killed by tobacco each year.

And, if predicted, more than 8 million per year by 2030.

Do I want to be just another statistic?

If I quit my tobacco use altogether could I potentially reduce my risk of these GI-related diseases?

Yes, I can!

And remember there are plenty of healthy alternatives to tobacco use!

Sources:
http://digestive.niddk.nih.gov/ddiseases/pubs/smoking/#riskcancer
http://www.who.int/campaigns/no-tobacco-day/2014/event/en/