



New Smokers

What are the chances that an adult who has never smoked will take up smoking?

The chances are close to zero.

Almost all new smokers are teenagers, and everyday 3,000 of them light up for the first time.

In fact, studies show that on average smokers have their first cigarette at age 13 and within a few years, these young teens become "pack-a-day" smokers.

Stop the lifelong habit before it starts and before it leads to illness, disease and early death.

That's today's Health Tip from _____ .