

QUELLE EST LA RAISON POUR LAQUELLE JE CESSE DE FUMER?



AMÉLIORER MA SANTÉ PHYSIQUE

Dans les 24 heures suivant l'abandon du tabac, le risque de crise cardiaque commence à baisser. En quelques semaines, vous respirez plus facilement et vous tousserez moins. Après un an, le risque de maladie cardiovasculaire sera réduit de moitié par rapport à celui d'une personne qui fume. Après 10 à 15 ans, le risque d'avoir un cancer sera diminué environ de moitié.



ÉCONOMISER DE L'ARGENT

En moyenne, les Canadiens et Canadiennes qui fument dépensent annuellement environ **3 600 \$** (avant taxes) en cigarettes. L'argent dépensé pour les cigarettes peut attendre des sommes importantes! Calculez exactement combien d'argent vous pouvez économiser grâce à notre outil de calcul des coûts. Numérisez le code QR pour en savoir plus.



AMÉLIORER MA QUALITÉ DE VIE

Retrouvez un meilleur sens du goût et de l'odorat, respirez plus profondément et gagnez plus en énergie. Vivez en meilleure santé dans les jours et les années à venir.



PROTÉGER MES AMIS ET MA FAMILLE

Vous n'aurez pas à vous soucier d'exposer les gens autour de vous aux effets néfastes de la fumée secondaire.



AIDER LA PLANÈTE

Entre 25 et 40 % des déchets mondiaux proviennent des déchets de produits du tabac. Cesser de fumer permet de réduire l'impact de la déforestation, de la contamination de l'eau et l'utilisation de pesticides.

Vous avez toujours besoin d'une motivation pour cesser de fumer?

Pensez à ce qui est important pour vous : votre santé? Votre famille? Prenez le temps de réfléchir aux raisons pour lesquelles vous voulez apporter ce changement.

Source : Santé Canada, 2018
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Pour obtenir de plus amples renseignements ou pour parler à un spécialiste de l'abandon du tabac, contactez votre service local d'abandon du tabac à l'adresse suivante : vivre sans fumee.gc.ca/abandon ou téléphonez sans frais au 1-866-527-7383.

Je Cesse De Fumer Comme Ccedila

Jianjun Gao



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