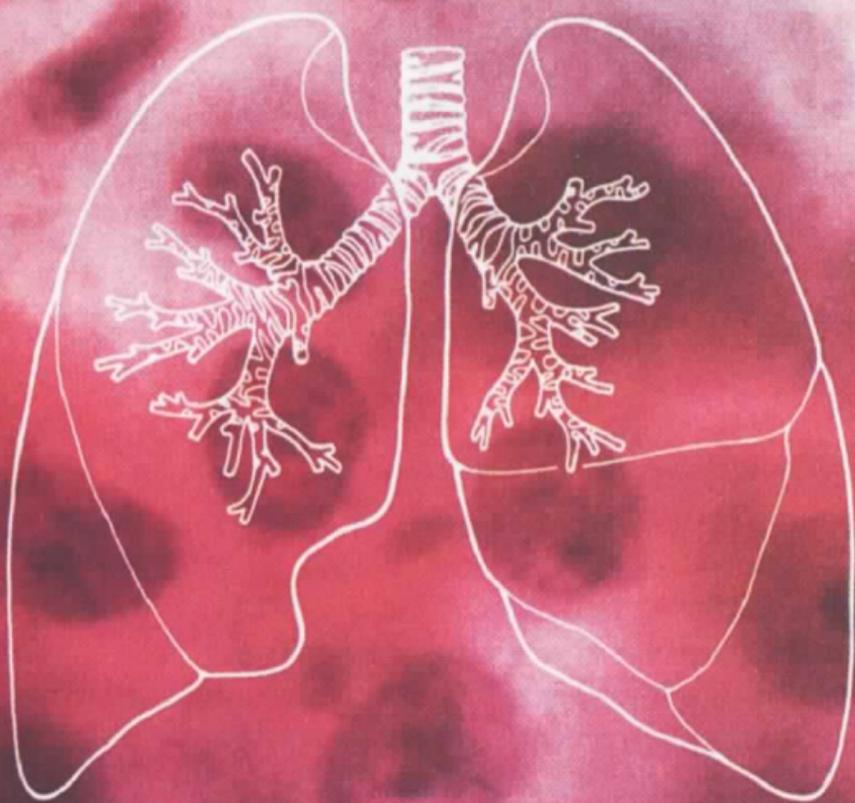
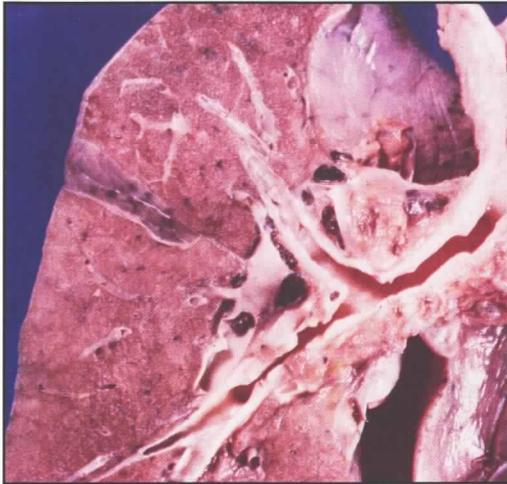


**The  
Decision  
is  
Yours**



# The Decision is Yours

If you smoke cigarettes, stop. If you don't smoke, don't start.

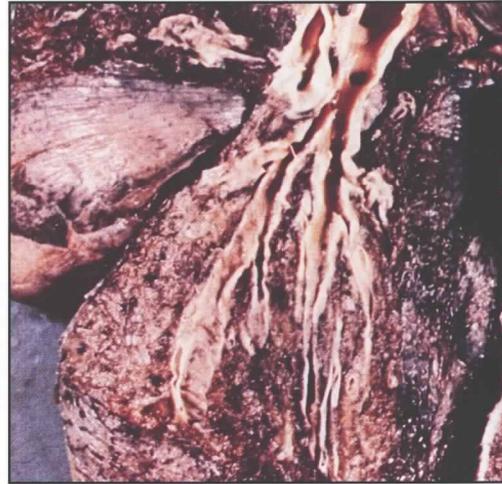


**NORMAL LUNG**

The lung is our breathing machine. It draws in air, filters it, separates out life-giving oxygen for the body's use and expels what is left over—mostly carbon dioxide. The normal adult lung is about the size of a football.

When we inhale, air enters the lung through tubes, or passageways, called bronchi. These bronchi are lined with vibrating, hairlike structures called cilia, which whip back and forth some 900 times a minute, to help keep solid pollutants in the air from entering the lung. The air is carried down through smaller and smaller bronchi until it reaches tiny air sacs which are uniform in size. This is where the oxygen/carbon dioxide exchange takes place.

Unfortunately, damage to the lung often takes place before there are any symptoms.



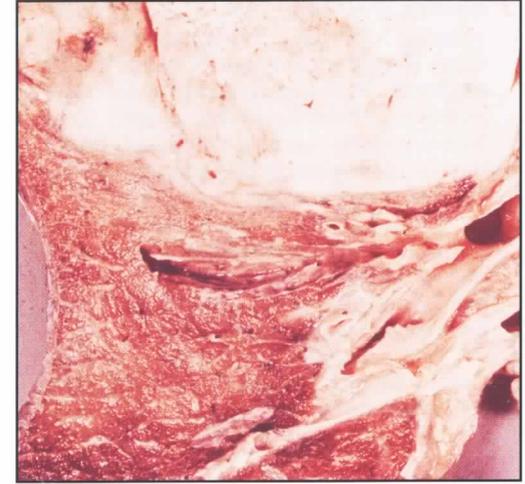
**EMPHYSEMA**

Emphysema is a disease which destroys the lung's elasticity, and therefore its ability to inhale and exhale properly.

Tissue affected by emphysema can never be repaired or replaced and the disease, progressing slowly but steadily, turns its victims into respiratory cripples. Patients spend years gasping for breath, and when death comes, it frequently is due to an overworked heart.

Emphysema changes the lung's normal appearance. Some of the air sacs burst and collapse, creating tiny craters in the lung, while others balloon in the body's desperate struggle to obtain oxygen and expel carbon dioxide.

Emphysema used to be a relatively rare disease, but today it is becoming increasingly common. It has been strongly associated with the cigarette habit because of the intense air pollution caused by cigarette smoke in the lungs.



**CANCER**

Cancer ravages the lung with an army of wildly multiplying cells. It begins most often with the constant irritation of the lining of the bronchi by cigarette smoke.

Under the onslaught of this irritation, the hairlike cilia which filter the air we breathe disappear from the lining of the bronchi. Although extra mucus is secreted to substitute for the cilia and trap pollutants, this mucus itself becomes a problem. It remains trapped until finally forced out of the lung by a "smoker's cough."

If a smoker quits before cancerous lesions are present, the bronchial lining will return to normal. If not, the abnormal cell growth spreads, blocking the bronchi and then invading the lung tissue itself.

In the latter stages of lung cancer, abnormal cells break away from the lung and are carried by the lymphatic system to other vital organs, where new cancers begin.

Because lung cancer is difficult to detect early, it is very difficult to treat successfully. It is often fatal. Yet if no one smoked cigarettes, 87% of lung cancers would eventually disappear.

Research now shows that even involuntary smoking exposures result in enough inhaling of smoke to increase the risk of developing lung cancer as well as other respiratory illnesses and risk to the fetus during pregnancy. A new study found that women exposed to husbands who smoked 20 or more cigarettes a day at home had double the risk of lung cancer compared to women married to nonsmokers.

It has been said that if the effects of cigarette smoking appeared on our skin instead of in our lungs—where it can't be seen—no one would smoke. Now you have seen the ugly inside story.

Call your local Unit of the American Cancer Society for information on how to quit smoking.



**FOR MORE INFORMATION  
CALL THE AMERICAN CANCER SOCIETY  
TOLL FREE: 1-800-ACS-2345**



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