

## Getting clued up 15/12/2005

You can sometimes be tempted to smoke that first cigarette, just to discover the sensations tobacco give, to know if it's as pleasurable as people say it is...

Warning, **tobacco addiction is quick and sly**. All smokers will tell you, they would've preferred never to have started!

**The risks to your health are real and quick**. The forerunners are visible like trouble having an erection or premature ageing of the skin.

Do you want to know more about the dangers and harmful effects of tobacco?

**Get clued up!** A number of publications, institutional and association web sites will give you the necessary keys to stop you being tempted to smoke that first cigarette.

Don't hesitate to chat with members of your close friends and family who smoke, have smoked or are trying to stop. **Other people's experience is always very enriching**.

To protect yourself from the dangers of tobacco, to have a better understanding of how tobacco is a real danger, don't hesitate to find out more with the links provided on this website.

**It's by being aware of the dangers of smoking that you will avoid the need to try in the first place!**

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