

THE FACTS

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Smoking Cigarettes and Rollies

We know that smoking is bad. We should probably just end this fact sheet here, right?

Nah, we could bet that you don't know *that* much about what you're smoking...



Firstly, rollies are not healthier than regular cigarettes. Let's just bin that myth now. They often contain more nicotine (addictive stuff) than ready-rolled cigs.

Smoking turns your teeth yellow and ages your skin. You wouldn't look as pretty or as handsome as you did before!



Smokers are more likely to suffer from a mental illness such as depression or anxiety.

It can also cause erectile dysfunction. Not much imagination needed as to why this may cause issues, right?

Smoking causes 70% of all cases of lung cancer. It can also cause throat, bladder, and bowel cancer.

Not to mention you're more likely to have a stroke or heart attack. These things aren't exclusive to older people.



There are multiple chemicals in just one cigarette. Over 7,000, actually.



**Toxic to
all life**

And those rumours of rat poison? Oh, they're true... Arsenic, found in rat poison, is a common component.

So, how do you go about quitting?

Multiple methods are available for you to consider, even if you're underage - visit ash.wales:



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Y FFEITHIAU

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Ysmygu Sigaréts a Sigaréts Wedi'u Rholio

Gwyddom fod ysmygu yn ddrwg. Mae'n debyg y dylem ddod â'r daflen ffeithiau hon i ben yma, ie?

Na, gallem fetio nad ydych chi'n gwybod cymaint â hynny am yr hyn rydych chi'n ei ysmygu...



Yn gyntaf, nid yw sigaréts wedi'u rholio yn iachach na sigaréts arferol. Gadewch i ni roi'r myth hwnnw i ben yn awr. Maent yn aml yn cynnwys mwy o nicotin (stfiff caethiwus) na sigarennau parod.

Mae ysmygu yn troi eich dannedd yn felyn ac yn heneiddio'ch croen. Fyddech chi ddim yn edrych mor bert neu mor olygus ag y gwnaethoch chi o'r blaen!



Mae ysmygwyr yn fwy tebygol o ddiodef o salwch meddwl fel iselder neu bryder.

Gall hefyd achosi erectile camweithrediad. Does dim angen llawer o dychymyg i nabod pam y gallai hyn achosi problemau...

Mae ysmygu yn achosi 70% o'r holl achosion o ganser yr ysgyfaint. Gall hefyd achosi canser y gwddf, y bledren, a'r coluddyn.

Heb sôn am eich bod yn fwy tebygol o gael strôc neu drawiad ar y galon. Nid yw'r pethau hyn yn gyfyngedig i bobl hŷn.



Mae cemegau lluosog mewn un sigarét yn unig. Dros 7,000, mewn gwirionedd.

Gwenwynig i bob bywyd

A'r sibrydion hynny am wenwyn llygod mawr? O, maen nhw'n wir ... Mae Arsenig, a geir mewn gwenwyn llygod mawr, yn elfen gyffredin.

Felly, sut ydych chi'n mynd ati i roi'r gorau iddi?

Mae dulliau lluosog ar gael i chi ystyriwch, hyd yn oed os ydych dan oed - ymwelwch ash.wales:



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