

**Warning: Photos on this page may be graphic and disturbing**



The photo on the left shows a normal city dweller's lung. The black spots noted are carbon deposits caused by pollution. The photo on the right belongs to an 80 year old non-smoker. It still appears pink and aerated.

***But if you continue to smoke....***



The photo on the left is a smoker's lung with lung cancer. The white areas at the top part of the lung is cancer, while the blackened area that covers the rest of the lung are tar deposits. The photo on the right is a lung with emphysema. Not only is the lung discolored, but it is out of shape causing breathing to be extremely difficult.

**If you want to feel what it's like to have emphysema**, try taking a deep breath and hold it. Without letting out any air, take another deep breath. Hold that one too. One more time, take one more breath. Okay let it all out.

That second or third breath is what it feels like to breathe when you have advanced emphysema. Emphysema is a disease where you cannot exhale air. Everyone thinks that it is a disease where you cannot inhale but in fact it is the opposite. When you smoke you destroy the lungs elasticity by destroying the tissue that pulls your lung back together after using muscles that allow us to inhale air. So when it comes time to take your next breath it is that much more difficult, for your lungs could not get back to their original shape.

Imagine living struggling for each breath like those last two breaths. Unfortunately, millions of people don't have to imagine it, they live it daily. It is a truly miserable way to live and a slow painful way to die.

But its still not too late! The moment you quit smoking, your lungs begin repairing all the damages immediately. Your risks of lung cancers and other cancers drop significantly, even if the cells are already in a pre-cancerous state. Your risk of developing smoking related diseases such as emphysema and chronic bronchitis also declines at once. With Low Intensity Laser Therapy we can help make your decision easier to accomplish and help you successfully get through the most difficult days of withdrawal.

Save your lungs. Make **quitting smoking** your choice today.