

**Surgeon General's Warning: Cigarette smoke
may be hazardous to your transition.**

No, the surgeon general hasn't really issued a transsexual-specific warning about cigarettes, but the evidence is clear: cigarettes present a clear and present danger, not only for the smoker, but for those who are in the proximity of the smoker, increasing the risk of emphysema, cancer, heart disease, thrombosis, and other conditions. In concert with hormonal therapy and surgical procedures, the danger may be even greater. Cigarette smoke

decreases the effectiveness of hormones, slows healing after surgery, and may act in conjunction with estrogens in the formation of blood clots.

Not only that, but cigarettes contribute to premature aging. And although your non-smoking friends might not complain, you can bet that they are annoyed and inconvenienced by the odor on their clothes and furniture and the smell of cold cigarette butts in ashtrays.

If you are SRS-bound, consider this: many surgeons require to be smoke-free before they operate, and most hospitals not allow you to smoke during your stay.

If you smoke, please consider the long-term health effects. Slow down, or better yet, stop. You'll feel better, and so will your friends. Food will taste better, hormones will work better, and you just might live longer.

Put this in your pipe and smoke it