



Handout 2E

HOW MANY PUFFS?



Number of Years Smoked

Number
of
cigarettes
smoked
per day

	5	10	15	20	25
5	91,250	182,500	273,750	365,000	456,250
10	182,500	365,00	547,00	730,000	912,500
15	273,750	547,500	821,250	1,095,000	1,368,750
20	365,000	730,000	1,095,000	1,460,000	1,825,000
25	456,250	912,500	1,368,750	1,825,000	2,281,250
30	547,500	1,095,000	1,642,500	2,190,000	2,737,500
35	638,750	1,277,500	1,916,250	2,555,000	3,193,750
40	730,000	1,460,000	2,190,000	2,920,000	3,650,000

*Figures based on 10 puffs per cigarette on average