**DID YOU KNOW………………..**

* Nicotine is a *highly addictive* drug, reaching the brain *within seconds* of a puff on a cigarette
* Each cigarette *shortens your life* by about 10 minutes (about 8 years, if you smoke all your life)
* At least *60 of the 4,000 chemicals* in cigarette smoke can *cause cancer*
* Smoking can *affect unborn children*, leading to smaller babies & miscarriages
* Smoking is *responsible for about 20% of all deaths* in US
* *45% of all smokers* will die of tobacco related disorders
* *Second hand smoke* affects your friends, family, and children’s health (they will have more respiratory problems and an increased risk of lung cancer)

**TOBACCO IS MADE UP OF MANY THINGS, INCLUDING:**

### **Nicotine**: Deadly poison and an addictive drug

### **Tar**: Sticky black glob of chemicals that makes breathing more difficult

* **Carbon Monoxide** (CO): Gas formed when tobacco is burned like in a car’s exhaust
* **Cyanide, Arsenic, Formaldehyde, and Ammonia**: These are ALL poisons!

**WHAT’S IN A CIGARETTE?**

* Lots of colds, coughs, and sore throats
* Smelly clothes
* Less sensitive taste buds, yellow stained fingers and teeth
* Less money to spend
* Possible early death and increase risk of cancer, heart disease, and stroke
* Increased risk of chronic bronchitis and emphysema
* Greatly increased risk of stroke for women on birth control pills
* For pregnant women, increased risk of medical problems and risk of low birth weight babies

### **SPECIAL NOTE TO SMOKERS WHO DRINK**

Many heavy smokers are also heavy drinkers; and being both a smoker and a drinker increases one’s risk of cancer and heart disease. For example, compared to nonsmokers who do not drink alcohol, the relative risks of developing mouth and throat cancer are: **7** times greater for smokers, **6** times greater for drinkers, and **38** times greater for those using both tobacco and alcohol.

#### FREQUENTLY ASKED QUESTIONS

***If tobacco is so bad, why is it legal?***

* It has been around a long time.
* It is a big business and it has many lobbyists in Washington.
* It provides many jobs for people and brings in large amounts of tax dollars.
* It is the primary crop for many farmers.

***⇨⇨⇨***

***Would tobacco be legalized today? Probably not!***

* About 300 people in the US, and 8,200 people worldwide die every day from smoking related illnesses.
* More people die of lung cancer and heart disease related to cigarette smoking in a week than die of cocaine use in a year.
* For every 1 cocaine-related death in the US there are about 100 alcohol-related deaths and 300 tobacco-related deaths.

***Do cigarette ratings tell you how much tar and nicotine is in each cigarette? No!***

Cigarettes do not deliver fixed amounts of tar and nicotine. Yield depends on how you smoke. Deep inhaling, smoking the cigarette down to the filter, and non-filter cigarettes all will provide higher amounts.

***Are low-tar low-nicotine cigarettes less risky? No!***

If you block the holes in the filter, inhale deeply, or smoke a lot you can get high yields of tar and nicotine anyway.

***Are pipes and cigars safer than cigarettes if you don’t inhale? No!***

Pipe and cigar smokers can develop lip cancer.

***Is smokeless tobacco safe? No!***

Both snuff and chewing tobacco contain nicotine and cancer causing chemicals.

***What would happen to me if I quit smoking today?***

* Within 24 hours of quitting, blood pressure and pulse rate will start to return to normal and the carbon monoxide level in your blood decreases;
* After 1 month, you will have fewer respiratory symptoms;
* After 1 year, your risk of heart disease (from smoking) is reduced by half;
* After 10 years, your risk of lung cancer drops to as much as half that of current smokers;
* In 5 to 15 years, your risk of stroke for ex-smokers returns to that for non-smokers;
* Former smokers have better health status than current smokers;
* Non-smokers and ex-smokers are good role models for the children;
* Other benefits include improved sense of smell and taste, better breath, and more money

***Does smoking cause wrinkles? (from the Mayo Clinic, 9/15/03)***

* Most wrinkles are due to age-related changes in the skin.
* Heredity plays a major role in the degree of skin aging and wrinkling, but environmental factors, such as sun exposure and **exposure to cigarette smoke can accelerate this aging process**.
* **Smoking reduces blood flow to the skin and decreases the amount of vitamins in the skin, such as vitamin A.** These factors increase damage to elastic fibers and collagen in the skin from sun exposure. It is also possible that repeated exposure to the heat from a burning cigarette may also damage facial skin over time.
* These skin changes can be seen in young adults with only a 10-year smoking history.