

Tobacco

CAUSE & EFFECT



SHORT TERM EFFECTS

Brain

Strokes

Appearance

Foul smelling breath, hair and clothes, stained teeth

Dental Hygiene

Yellowish stained teeth, bad breath

Heart

Increased heart rate and blood pressure

Lungs

Trouble catching your breath, coughing, bronchitis

Money

The average pack of cigarettes is \$6. Two packs a week would cost \$48/month and \$624/year.

LONG TERM EFFECTS

Brain

Strokes, Blood Clots

Appearance

Wrinkly, dry skin, lip cancer

Dental Hygiene

Oral cancer, gum disease, tooth loss

Throat/Esophagus

Cancer

Heart

Heart disease, heart attack

Lungs

Cancer, asthma, emphysema

Stomach

Peptic ulcer

Organ Cancer

Cancer of Lungs, Bladder and pancreas

Money

2 packs a day would cost \$336/month and \$4368/year



DIFFERENT FORMS OF TOBACCO:

Cigarettes, Cigars, Chewing Tobacco, Snuff and Snus

WELL KNOWN DEADLY CHEMICALS IN TOBACCO PRODUCTS

- Ammonia, used in cleaning fluids
- Arsenic, a poison used to kill rats
- Butane, the main ingredient in lighter fluid
- Formaldehyde, used to embalm dead bodies
- Hydrogen Cyanide poison



FACTS ABOUT TOBACCO:



- Cigarettes contain over 7,000 chemicals.
- Dip and chew contains DDT, a poison used to kill insects.
- Just one cigar can contain as much nicotine as an entire pack of cigarettes.
- It is illegal for anyone under a certain age to buy, use or possess tobacco items of any kind. Tobacco laws vary by state.
- Tobacco contains a drug called nicotine, which is as addictive as heroin or cocaine.
- One study shows that the smoke inhaled in a one-hour hookah session is equivalent to smoking 100 cigarettes.
- Cigars and chewing tobacco contain some of the same cancer causing chemicals as cigarettes.
- 33% of all new smokers will eventually die from a smoking-related illness.

Refusal Tips

You might have a few friends who think using tobacco is fun or cool, but don't let them influence you. It's not that hard to say "no" after a little practice. Try one of these lines the next time someone offers you tobacco:

- "No thanks. My parents would kill me if they found out."
- "Gross! I don't want bad breath and smelly hair."
- "Don't you know tobacco gives you cancer?"



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