



Tobacco Facts

The CDC states that a smoker loses 7 minutes of life with each cigarette smoked.

Carbon Monoxide: when a person smokes, carbon monoxide is released into the air. When inhaled into the body, it lessens the blood's ability to carry oxygen. This could make the smoker feel tired b/c it pushed oxygen out of the blood.

Tar: a dark sticky mixture with 3,500 chemicals. It includes metals, pesticides and other pollutants. If I asked you to line up and take a drink made from metal, bug poison and exhaust from truck – would you?

Nicotine: a chemical that makes up the largest percentage of cigarette smoke. It is odorless, colorless and is responsible for addictive properties of cigarettes and smokeless tobacco.

Addiction = progressive use of drug to achieve desired effects. You begin smoking by using one cigarette on Friday nights at your friend's house. Addiction occurs over time and you may 'need' a cigarette as often as every hour.

Short term effects of smoke:

- Hair smells
- Reduces sense of smell
- Bad breath
- Irritates throat
- Heart pumps harder
- Lungs receive less oxygen
- Taste buds diminished



for a great state of health

Long term effects:

- Heart disease – leading cause of death in the US
- Lung cancer – 90% of lung cancer patients die within 5 years of diagnosis
- Chronic lung disease – 82 million people die each year from CLD
- Bronchitis – inflammation of the small tubes in your lungs.
- Emphysema – condition in which the lungs lose the elasticity in air sacs, which leads to difficulty breathing