



# IN THE KNOW: Tobacco

## What is Tobacco?

Tobacco is a green leafy plant that is dried and ground up for use in tobacco products like cigarettes, cigars, snus and dip.

## What is Nicotine?

- Highly addictive substance in tobacco
- More addictive than heroin
- The brain craves more to "feel normal"

## EFFECTS OF Continued Use

- INCREASED HEART RATE
- SLOWED CIRCULATION
- HEADACHES
- BAD BREATH
- STAINED, ROTTED TEETH
- YELLOWED FINGERS
- WRINKLED SKIN



## DISEASES CAUSED By Long-Term Use

- LUNG CANCER
- HEART DISEASE
- ORAL CANCER
- EMPHYSEMA
- ARTERIOSCLEROSIS
- STROKES
- KIDNEY DISEASE
- PANCREATIC CANCER



## WHAT'S IN CIGARETTE SMOKE?

### Over 7,000 chemicals

- Formaldehyde- used to preserve dead bodies
- Arsenic- Ancient method of poisoning
- Ammonia- Floor and toilet cleaner
- Cadmium- Used in rechargeable batteries
- Acetone- Abrasive nail polish remover

## KILLER TOBACCO

- Leading preventable cause of death in the U.S.
- Responsible for over 440,000 deaths each year

## THE COST OF TOBACCO

Over 20 years, 2 packs a day will cost a smoker **over \$100,000.**

## NON-SMOKERS AND SECOND-HAND SMOKE

- Increases risk for heart disease and lung cancer by 30%
- 300,000+ infants and toddlers suffer pneumonia and bronchitis each year
- 48,000+ smoking related deaths each year



## GETTING HELP

The best thing you can do is stay away from tobacco. If you are already hooked, there are lots of resources to help you "kick the habit." Talk to a counselor or doctor to start your road to recovery.



# Quit - or Better Yet - Don't Start!