

Tobacco

The Truth About a Killer



Guides for Good Living

Tobacco kills.

Tobacco is a deadly, addictive drug. Using tobacco leads to many health problems. Even if you do not use tobacco, other people's tobacco smoke can still hurt you.

Tobacco is a plant. The dried leaves are either smoked or chewed.



Cigarette

Cigar

Pipe

**Spit
Tobacco**

The most common form of tobacco is the cigarette. Tobacco is also smoked in cigars or pipes. Smokeless tobacco is also called spit tobacco, chew, or dip.

Over 430,000 people die from using tobacco every year.

What is in tobacco?

There are over 4,000 chemicals in cigarette or cigar smoke. **Many chemicals in tobacco are poison.** Other chemicals in tobacco cause cancer.

Chemicals in tobacco are also found in:

- Nail polish removers
- Toilet cleaners
- Car batteries
- Mothballs

The main chemical in tobacco is called nicotine. Nicotine is one of the most addictive drugs.

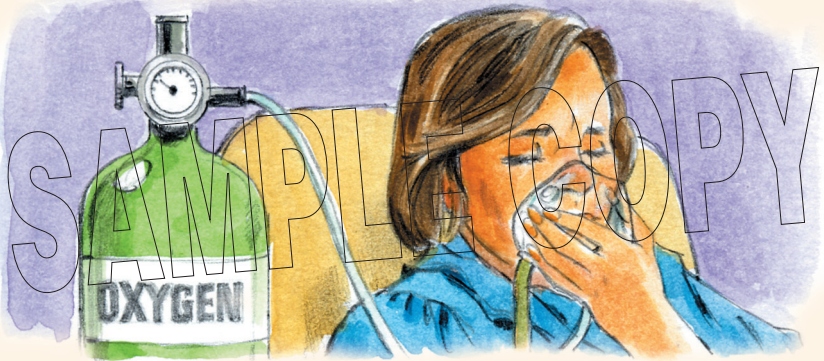
Addiction means it is hard for people to quit using tobacco. They may use tobacco all their lives. This can lead to many health problems.

Tobacco users who try to quit go through withdrawal. Withdrawal makes users feel sick or tired. They think using more tobacco is the only way to feel better. Tobacco really makes them feel worse.

It is hard to quit smoking. It is better to never start.

Using tobacco hurts people both inside and out.

Tobacco causes bad breath. Tobacco users have smelly hair, skin, and clothes. Tobacco also puts ugly yellow and brown stains on the teeth and fingers.



Longtime smokers cannot stop coughing. They have trouble breathing and risk serious health problems like:

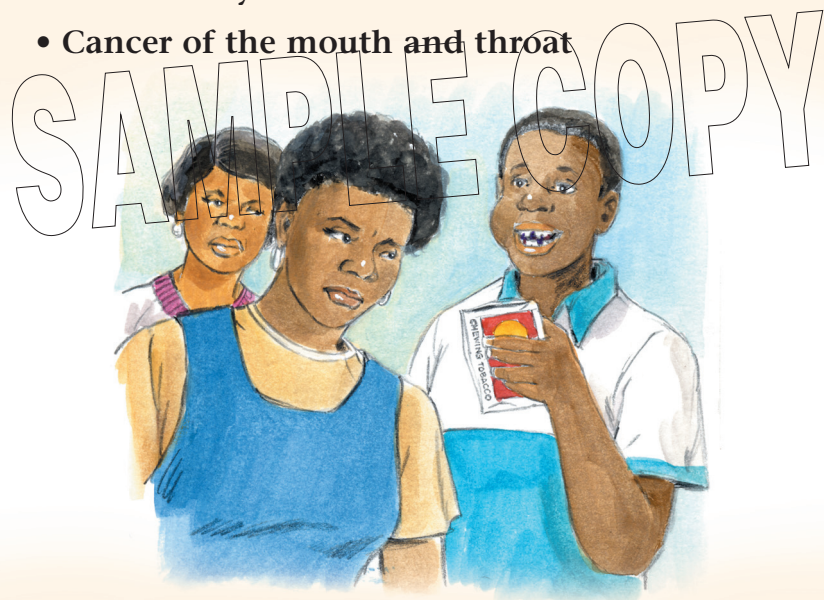
- Cancer of the lung, mouth, throat, bladder, kidney, pancreas, and cervix
- Heart attack and heart failure
- Stroke
- Emphysema (collapsed lung “pockets”)
- Permanent gum and tooth loss
- Serious problems with childbirth

Spit tobacco is just as bad as smoking.

Spit tobacco users often have white and red patches, sores, and lumps in the mouth. Many of these sores can lead to cancer.

Using spit tobacco leads to:

- Gum disease
- Tooth decay
- Cancer of the mouth and throat



One can of spit tobacco has as much nicotine as 60 cigarettes.

Tobacco companies spend millions to get kids to smoke.

Tobacco companies want kids to think smoking is fun and cool. This is not true.

Young people are hurt worse by tobacco. Their bodies stop growing. They cannot breathe as well as people who do not smoke.

Kids may watch their parents smoke and think it is okay. Their friends may try to get them to use tobacco. **But it is against the law for people under 18 years old to buy tobacco.**



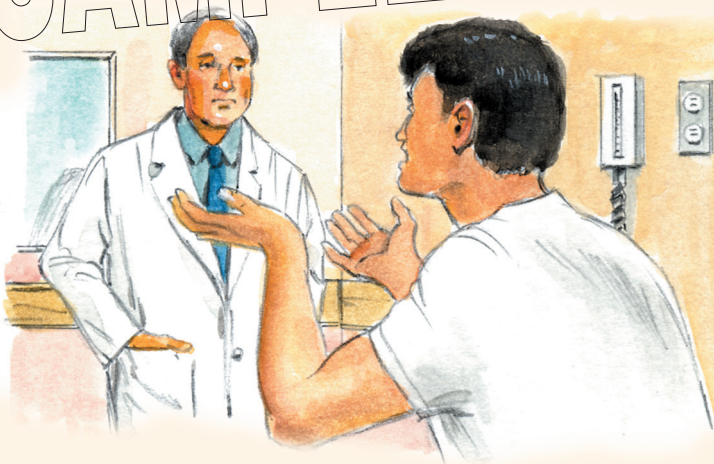
Smoking hurts everyone. People get sick from being around smokers even if they do not smoke. This is called secondhand smoke. **Secondhand smoke hurts kids more than adults.**

There is help for people who want to quit using tobacco.

There are products to help users quit tobacco. These products include nicotine gum or “patches.” Doctors can give users medicine to help them quit.

Some places to find help are:

- Hospitals
- Public health clinics
- Church groups
- Community centers



**Know the facts. Know the risks.
Don't use tobacco.**

SAMPLE COPY

INSIGHT
series

©2003 Syndistar, Inc. 5801 River Road, New Orleans, LA 70123-5106
To reorder this product call 800-841-9532 or visit www.syndistar.com
and ask for product #PB-DA122-B