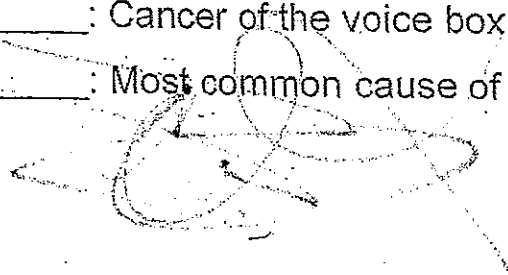


Tobacco Info

Long Term Effects

1. Chronic bronchitis: There are many bronchial tubes in the lungs that branch out like an upside-down tree. In a smoker's lungs, the chemicals from tobacco build up in these tubes, blocking or thinning the airways. This makes it difficult to breathe and get oxygen into the lungs.
2. Emphysema. At the end of these tubes are alveoli or tiny air sacs, that look like bundles of grapes. When you breathe, air fills these sacs and releases Oxygen into your blood. The same dangerous tobacco chemicals that block the bronchial tubes can also destroy the alveoli. With fewer sacs to fill, your lungs do not get enough oxygen.
3. Artherosclerosis: hardening of the arteries, is a major cause of heart attack + strokes. Caused by smoking, drinking, fatty/surgary foods and a lack of exercise.
4. Smoking causes blood vessels to narrow or constrict, reducing blood flow to various organs and parts of the body.
5. People who smoke tend to get headaches more often because of restricted blood flow (Oxygen) to the brain.
6. Cancers caused by smoking:
 - a. Esophageal
 - b. Bladder
 - c. Kidney
 - d. Pancreatic
 - e. Laryngeal
7. Laryngeal: Cancer of the voice box
8. lung: Most common cause of cancer death among men and women.



Smoking Facts

Statistics (from the Centers for Disease Control and the American Cancer Society)

- Cigarette smoking is the single most preventable cause of premature death in the United States. Each year, more than 400,000 Americans die from the effects of cigarette smoking. In fact, one in every five deaths in the United States is smoking related.
- Cigarettes are responsible for more deaths in America than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs put together.
- On average, someone who smokes a pack or more of cigarettes each day lives seven years less than someone who never smokes.
- In a survey of U.S. teens, 65 percent said they strongly disliked being around smokers; 86 percent said they'd rather date people who don't smoke.
- Although only 5 percent of daily smokers surveyed in high school said they would definitely be smoking five years later, close to 75 percent were smoking seven to nine years later.
- Of the almost 3,000 young people who become regular smokers each day, nearly a thousand of them will have their lives shortened from tobacco-related diseases.
- The likelihood of smoking-related cancers increases the longer a person has been smoking.

Short Term Effects of Smoking

- Reduced lung Function – People who smoke just one cigarette a week will experience more coughing and wheezing.
- halitosis – bad breath
- Stained Teeth
- Decreased sense of smell and taste
- High cost of cigarettes
- Suppressed immunity – smokers get sick more easily.

Tobacco

- Can be smoked or chewed
- Contains over 4,000 chemicals
- 40 are carcinogens (cancer causing)

Nicotine

- Kills instantly in its pure form
- insecticide (meaning it kills bugs)
- Constricts blood vessels
- The most addictive substance known

Tar

- Mixture of the substances in tobacco when it's burned
- Sticky brown residue – main cause of lung & throat cancers.
- Promotes lung cancer
- Sticks to cilia in lungs and paralyzes them
- One pack a day smoker over the course of a year, has one cup of tar in his or her lungs.
- Tar can also cause unsightly yellow-brown stains on fingers and teeth

Carbon Monoxide

- Deadly gas
- Found in automobile exhaust
- Causes shortness of breath
- Takes 24 hours to rid carbon monoxide from blood stream

Second Hand Smoke

- It is estimated that only 15% of cigarette smoke gets inhaled by the smoker. The remaining 85% lingers in the air for everyone to breathe.
- For every 3 smokers who die from smoking, 1 innocent bystander dies from secondhand smoke.
- Never smoking women who live with a smoker have a 91% greater risk of heart disease. They also have twice the risk of dying from lung cancer.

How Many Cigarettes Have You Smoked Today?

If you're in this location...	For this long...	It's as if you've smoked this many cigarettes...
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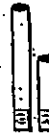
Smoky bar

2 hours



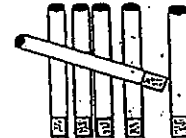
Restaurant (typical nonsmoking section)

2 hours



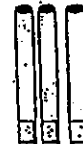
Office (that allows smoking)

8 hours



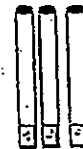
Pack-a-day (smoker's home)

24 hours



Car (when someone's smoking and the windows are closed)

1 hour



Study done at the University of California, Berkeley. Cigarette equivalencies are approximate; the amount of secondhand smoke inhaled could be half or three times as much, depending on the number of smokers present, proximity to an active smoker, number of cigarettes smoked, size of space and ventilation.