

Secondhand Smoke

Passive or environmental smoke can cause problems for non-smokers who spend time in smoke-filled rooms or cars. Inhaling secondhand smoke makes the heart beat faster, the blood pressure goes up and the level of carbon monoxide in the blood increases. For people with allergies or heart or lung disease, exposure to second hand smoke can be dangerous, as well as uncomfortable.

Tobacco Facts

Tobacco kills more people than any other substance:

- About 434,000 tobacco users die in the United States every year.
- Worldwide 4 million die each year from tobacco use and by 2030 it will likely be 10 million.
- 53,000 people die each year from secondhand smoke.

Don't Start! If someone offers you a cigarette or a dip, say "No thanks, I don't smoke (dip or chew)." End of story. Don't be tobacco's next victim. Most users wish they had never started. One-third of young people who are just "experimenting" end up being addicted by the time they are 18 years of age. Tobacco is unattractive, annoying to others and deadly to everyone nearby. If you have friends who smoke, dip or chew, encourage them to quit. **BE A LIFE SAVER!**

Dollars and Sense "The Cost of Using Tobacco"

- The average smoker spends \$2,000 per year on tobacco products.
- Smoking adds about \$15,000 to each person's medical expenses.
- Each year the federal and state government spends \$45 billion on tobacco-related illnesses.
- Fires caused by smoking cost \$500 million annually and kill an average of 2,000 people per year.



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Tobacco

What a Drag!



Smoking is particularly dangerous for teens because their bodies are still developing and changing. The 4,000 chemicals (including 200 known poisons) in cigarette smoke adversely affect their lives. Adolescent tobacco smokers are 100 times more likely to smoke marijuana and use other illicit drugs such as cocaine.

Let's Talk!



Cigarette smoking is the most preventable cause of disease and premature death in American society. Although smoking, chewing or sniffing has decreased, 434,000 Americans die of tobacco use each year.

- ◆ 125,000 from heart disease
- ◆ 146,000 from cancer
- ◆ 47,000 from stroke
- ◆ 70,000 from chronic obstructive pulmonary disease
- ◆ 50,000 from other diseases related to tobacco use

What Is It?

Tobacco comes from a plant (nicotiana tobacum) whose leaves contain a central nervous system stimulant, nicotine, which has psychoactive effects. Cigarette smoking is the most addictive and deadly use of the plant.

When tobacco is smoked, nicotine is absorbed by the lungs and quickly moved into the bloodstream, where it is circulated throughout the brain. All of this happens within eight seconds after someone inhales tobacco smoke. Nicotine excites the neurons

in the brain to release neurotransmitters and bring about feelings of pleasure.

Why Do People Use Tobacco?

Some people use it to relax and reduce anxiety; others say it gives them something to do with their hands. Teenage girls say smoking helps control their appetites and lose weight. Others enjoy a cigarette with a cup of coffee.

Whatever the reason, the longer a person smokes, the more likely that individual will become addicted to the nicotine in the cigarettes. In fact, it is as hard for smokers to quit tobacco as it is for alcoholics and heroin addicts to give up those drugs. Most users develop tolerance for the drug and need greater amounts to produce a desired effect. Physical withdrawal symptoms include changes in body temperature, heart rate, digestion and muscle tone. Psychological symptoms include irritability, anxiety, sleep disturbances, nervousness, headaches, fatigue and nausea. The craving for tobacco can last days, weeks, months, years or a lifetime. *Tobacco is a known killer - why begin a habit that can eventually kill you?*

Short-term Effects of Tobacco Use:

- ◆ Bad breath, smelly hair
- ◆ Yellow and brown teeth
- ◆ Elevated heart rate
- ◆ Loss of athletic ability
- ◆ Loss of lung function
- ◆ Chronic coughs
- ◆ Bronchitis and severe asthma
- ◆ Drooling by chewers
- ◆ Receding gums

- ◆ Tooth decay
- ◆ Pre-cancerous sores in mouth

Long-term Effects of Tobacco Use:

- ◆ Prematurely wrinkled skin
- ◆ Chronic bronchitis
- ◆ Weakened immune system
- ◆ Stomach ulcers
- ◆ Impotence
- ◆ Premature babies
- ◆ High blood pressure
- ◆ Heart attacks
- ◆ Strokes
- ◆ Cancer of the lung, mouth, throat, bladder, kidneys and pancreas
- ◆ Emphysema
- ◆ Impaired sense of taste and smell
- ◆ Chromosomal damage

