

# Tobacco



# \*Tobacco affects your body's development\*

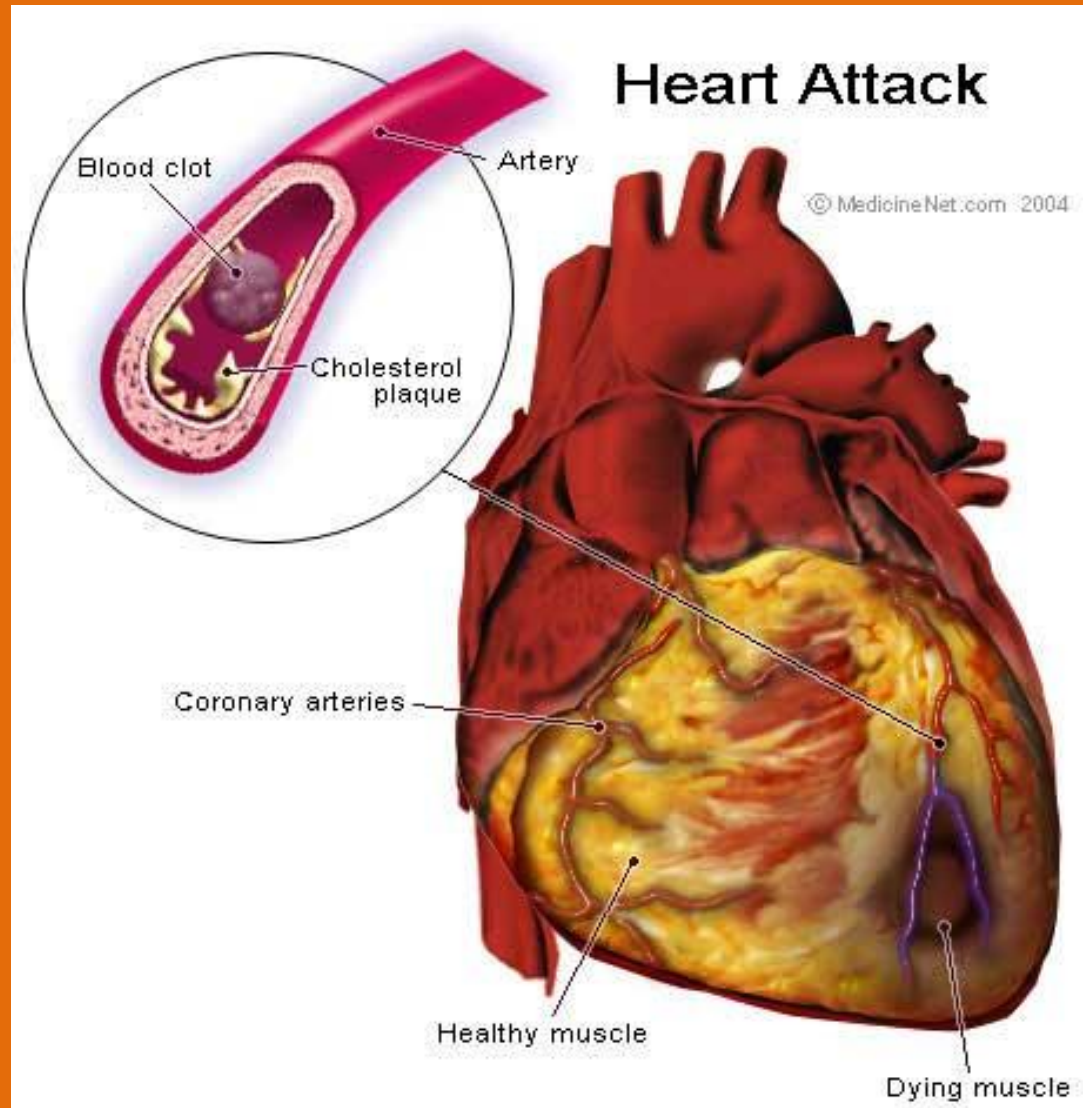
✓ Smoking causes breathing problems and damages your lungs.

✓ Smokers have more colds and upper respiratory problems.



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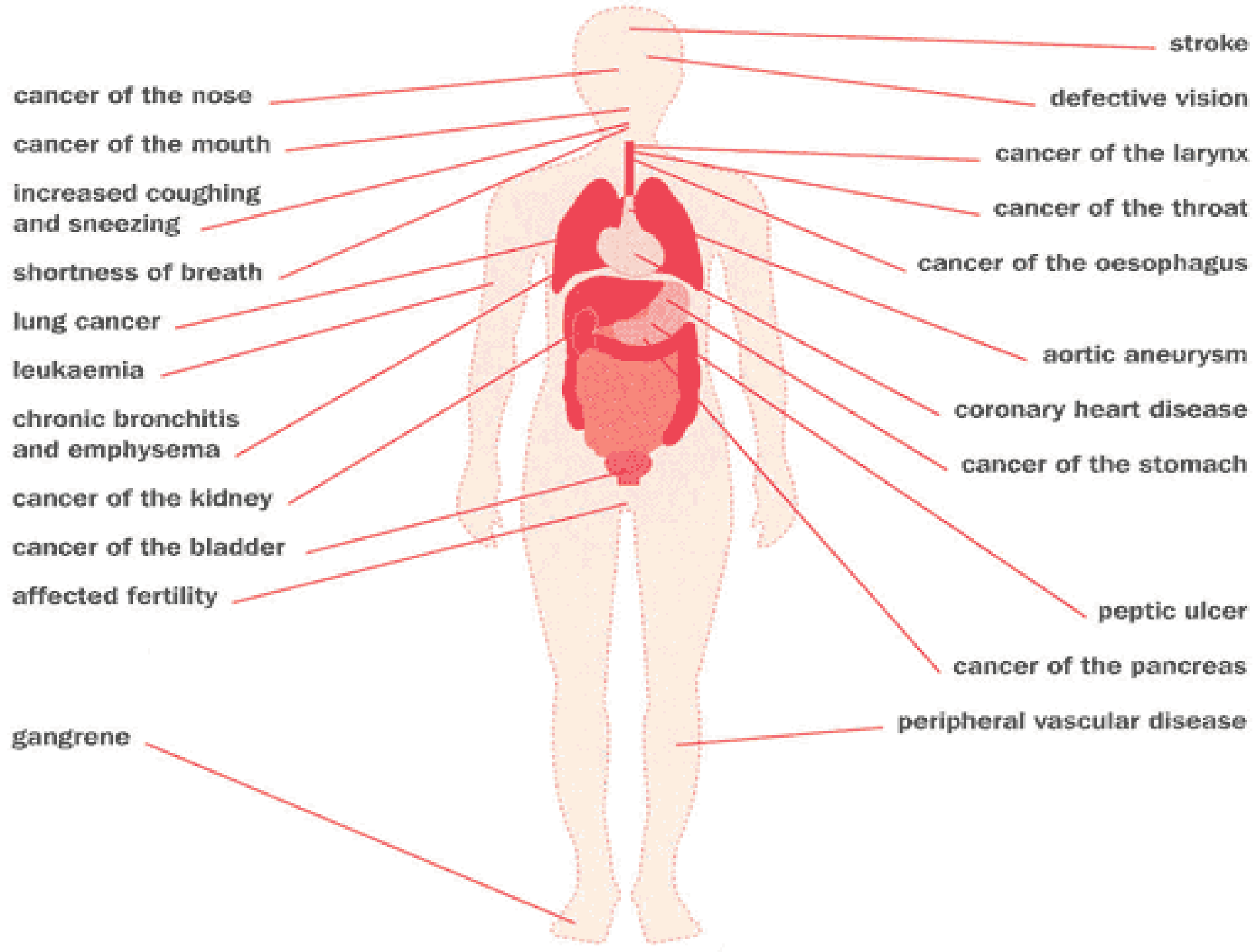
✓ Smoking causes heart disease.



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- ✓ Smoking is the most common cause of lung cancer.





# What's Really in a Cigarette??

- ✓ There are 200 known poisons in cigarettes
- ✓ Cigarettes contain nicotine-a powerfully addictive substance.



# **\*Smoking is the leading preventable cause of death in the U.S.\***

- ✓ Each year, an estimated 443,000 people die prematurely from smoking or exposure to secondhand smoke.
- ✓ Another 8.6 million live with a serious illness caused by smoking.
- ✓ Approximately 3,000 nonsmokers die of lung cancer each year from other peoples' smoke.
- ✓ On average, adults who smoke cigarettes die 14 years earlier than nonsmokers

# \*Tobacco Use\*

- ✓ It is *illegal* to sell tobacco products to anyone under the age of 18 in the U.S.
- ✓ Statistics show that about 9 out of 10 tobacco users start before they're 18 years old.
- ✓ About 20% of high school students smoke — which means 4 out of 5 don't.

# \*Smoking and your appearance\*



**Current**



**Aged Non-Smoker**



**Aged Smoker**

## \*Staying Smoke Free\*

- ✓ Staying smoke free will give you a whole lot more of everything — more energy, better performance, better looks, more money in your pocket, and, in the long run, more life to live!

