

TOBACCO



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School
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LIFESTYLE DISEASE

Smoking is the #3 killer of Americans today. About 1/2 of all cigarette smokers will eventually die from their habit if they continue to smoke. Thirty percent of all cancer deaths are related to smoking. Most of the deaths are from lung cancer. Other cancers which are linked to smoking are cancer of the pancreas, liver, kidney, bladder, stomach, cervical and leukemia.

Smoking also increases the risk of a heart attack and stroke by as much as two to three times. Your arteries become narrower and less flexible over time causing premature atherosclerosis. Women who smoke and take contraceptives

are up to 10 times more likely to have a heart attack, stroke or cardiovascular disease.

Emphysema is a lung disease that slowly destroys the lungs. The lungs slowly



A great way to suffocate and die!!



NOT JUST CIGARETTES



Smokeless tobacco, also called chewing tobacco, spit tobacco or dip/snuff, is used by 1 out of 5 high school boys. The reasons given are it looks cool, it isn't addictive and it isn't as harmful as cigarettes.

Snuff stains your teeth, gives you bad breath and even make you throw up. Who wants to kiss a man with yellow teeth and brown spit? Smokeless tobacco has nicotine which is just as addictive as cigarettes. Your body adjusts to the amount of tobacco

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Special points of interest:

- Lifestyle disease: number of sickness consequences caused from smoking
- Not just cigarettes
- Ways to quit (page2)
- Ways to say no

Ways to Say NO!

1. I play a sport and need to stay physically fit to play well.
2. I am going out and don't want to smell like smoke.
3. I have asthma.
4. No thanks.
5. I don't like the smell, and it makes me cough.
6. I don't want to get cancer. It runs in my family.



LIFESTYLE DISEASE (from pg. 1)

harden and die, no longer expanding and retracting, so that a person no longer gets oxygen and eventually suffocates. It starts with a chronic cough and can cause asthma.

Eventually the lung tissue slowly dies. The only cure is a lung transplant.

Tobacco **WILL** kill you eventually. Your life is not only shorter, but your style of life will be restricted and your last year(s) could be very painful. Choose **not** to smoke and live a longer healthier lifestyle.



I play sports and I want to earn an athletic scholarship to a four year college. No thanks!

NOT JUST CIGARETTES (from pg. 1)

needed to get that high so that you will need more and stronger tobacco to get that high. Since it is held in the mouth for longer than cigarette smoke, more harmful chemicals can enter your body.

Some people believe snuff isn't as dangerous as cigarettes because you are not breathing in smoke. You have just changed the problems from your lungs to your mouth. Cancer of the mouth (where the tobacco is held) and throat, leukoplakia (white, hairy, patch) - a pre-cancerous growth, and

gum and tooth disease are all diseases you could look forward to.

The remedies are "not pretty". You could have your tongue, part of your jaw, and your voice box removed as a result. You also have a greater risk of having gum disease and losing your teeth. The final result could be a shorter, less than active life ending in a slow painful death.

Quitting The Smoking Habit

Today there are a variety of ways to help you break the smoking habit. None of them are guaranteed. Most people try several times before finally giving up the habit to quit.

1. You must want to quit. Get rid of all tobacco products and related devices (ashtrays, lighters, etc).
2. Plan to change your environment. Don't go to places or put yourself in situations where you are used to smoking. An example is going to a bar after work. Once you feel like you can handle the temptation, go to the bar but sit in the no smoking section.
3. Get support. Tell your friends you are quitting smoking and ask them to help you—don't smoke around you or

leave cigarettes out. Call your health department to find out about support groups. There are also tapes and pamphlets to support you.

4. See your doctor and get medication. There are a number of prescription and over the counter stop smoking aids available to help you quit. Nicotine gum and the nicotine patch, which release nicotine into your system, are now available over the counter. Zyban, which is an anti-depressant, helps stop the physical need for nicotine. A doctor must prescribe this drug.

Remember, it won't be easy, but the results will last a "longer and healthier" lifetime. **JUST DO IT!!**