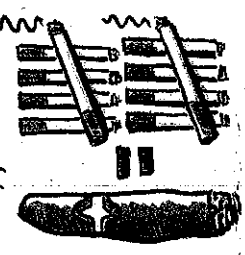
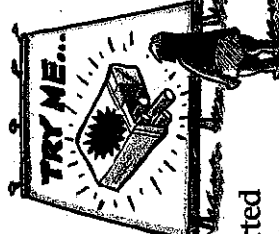


50 Things You Should Know About Tobacco

1. All tobacco products - cigarettes, cigars, smokeless tobacco - have nicotine.
2. **Nicotine is a drug that is as addictive as cocaine and heroin.**
3. Nicotine is also a poison.
4. One drop of pure nicotine will kill the average-sized person.
5. The nicotine in cigarettes won't kill you (right away). But it will make your heart beat faster and your blood pressure rise.
6. **Cigarette smoke has more than 4,000 chemicals in it.**
7. Forty of the chemicals in cigarettes can cause cancer.
8. One ingredient found in cigarettes is carbon monoxide (as in car exhaust).
9. **Other chemicals in cigarettes include ammonia (used to clean toilets) and arsenic (rat poison).**
10. Smoking is the number one preventable cause of death in the United States.
11. Smoking causes cancer, heart disease, lung disease and strokes.
12. **Smokers as young as 18 have shown signs of heart disease.**
13. Studies show that smokers lose seven minutes off of their life every time they smoke a cigarette.
14. More than 434,000 Americans die each year from diseases caused by tobacco.
15. Smoking causes 87 percent of all lung cancers.
16. **More people die from tobacco-related illness than from AIDS, car accidents, illegal drugs, murders and suicides combined.**
17. Tobacco companies spend \$16 million every day to advertise cigarettes.
18. Tobacco ads are often aimed at new, young smokers.
19. Eighty percent of smokers started before they were 18 years old.
20. Forty-three percent of people who smoke as few as three cigarettes become addicted.
21. **If you don't start as a teen, chances are you'll never smoke.**
22. Seventy percent of teens don't smoke.
23. Tobacco companies try to make smoking look cool by using good-looking models.
24. Tobacco gives you bad breath, yellow teeth, and clothes that smell like an ashtray. They don't advertise that!
25. Tobacco companies have sponsored rodeos, sporting events and car races even though most athletes don't use tobacco.
26. **One-third of all new smokers will eventually die from tobacco use.**
27. Smokers not only hurt themselves - they hurt people around them.
28. Secondhand smoke kills about 53,000 people every year.
29. **A pack-a-day habit costs about \$1000 a year.**
30. Smoking during pregnancy increases the risk of having a miscarriage.
31. Babies whose parents smoke are seven times more likely to die from Sudden Infant Death Syndrome (SIDS).
32. **Children of parents who smoke have more colds, flu, ear infections and asthma.**
33. Cigarette butts are the number one source of pollution on beaches.
34. Cigars and chewing tobacco contain cancer-causing chemicals, just like cigarettes.
35. **Because of their size, smoking one cigar is like smoking about 10 cigarettes.**
36. Cigar smokers are four to ten times more likely to suffer from cancer of the throat, larynx and esophagus than nonsmokers.
37. Smokeless tobacco makes you spit slimy brown tobacco juice.
38. **Smokeless tobacco causes cancer of the mouth, tongue and throat.**
39. About 70 percent of people who smoke wish they could quit.
40. Using tobacco damages the parts of your lungs that carry oxygen to your heart.



70%

