

50 THINGS YOU SHOULD KNOW

- 41. Teens who smoke cough and wheeze three times more than non-smoking teens.
- 42. It's hard to do well at sports and other physical activities if you are short of breath from smoking.
- 43. You can say NO to the tobacco companies by not smoking.
- 44. If someone asks you to smoke, say, "No way!"
- 45. If you do smoke, the best thing you can do is quit.

46. Within days of quitting, a smoker's sense of taste and smell returns to normal.

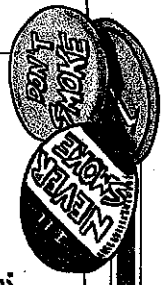
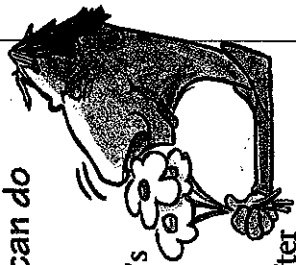
47. Five to ten years after quitting, a smoker's risk of heart disease and lung cancer returns to that of a nonsmoker.

48. If they could do it over, 70 percent of young people who smoke say they would not have started.

49. Half of all Americans who ever smoked have now quit.

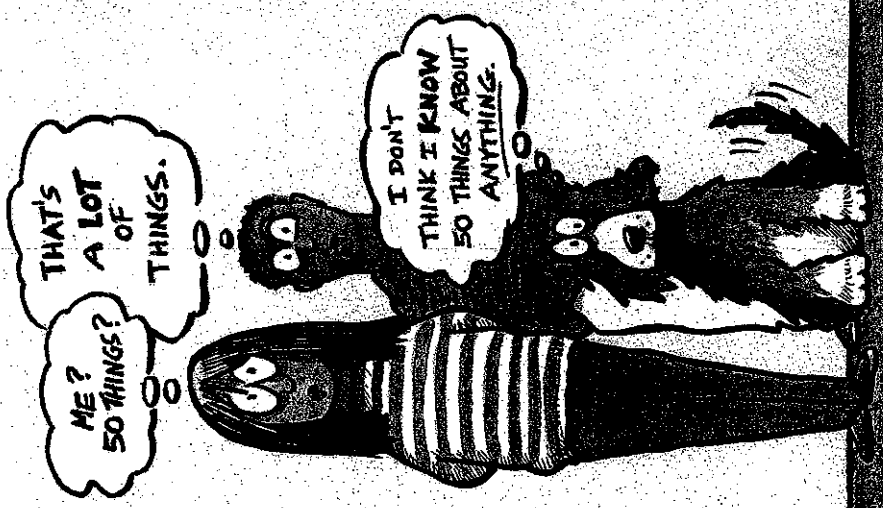
And the most important thing you need to know about tobacco:

**50. YOU DON'T NEED IT!**  
Take care of your health and your future.  
You're worth it!



GET THE FACTS

# 50 Things You Should Know About Tobacco



BE SMART ABOUT TOBACCO

**Smoking or Chewing... Tobacco Is A Drag**

Did you know that the actor who played the Marlboro cowboy died from lung cancer? Did you know that tobacco companies spend over \$5 billion a year to advertise cigarettes? Look inside this pamphlet for 50 more facts about tobacco. Once you have the facts, you'll say "no way" to tobacco and smoking.

FACTS ABOUT TOBACCO



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