

30 disgusting facts 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. Nicotine is a poison.

3. About 70 percent of people who smoke wish they could quit.

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; forty of the chemicals cause cancer.

7. Teens who smoke cough and wheeze three times more than non-smoking teens.

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 stroke.

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.

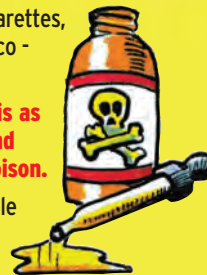
14. More people die from tobacco-related illness than from AIDS, car accidents, illegal drugs, murders and suicides combined.

15. Smoking causes 87 percent of all lung cancers.

16. More than 434,000 Americans die each year from diseases caused by tobacco.

17. Tobacco companies spend \$16 million every day to advertise cigarettes.

18. If you don't start as a teen, chances are you'll never smoke.



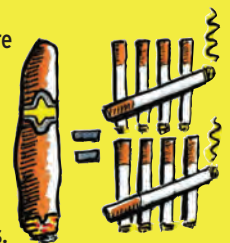
19. Eighty percent of smokers started before they were 18 years old.

20. Forty-three percent of people who smoke as few as three cigarettes become addicted.

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

22. Because of their size, smoking one cigar is like smoking about 10 cigarettes.

23. Cigar smokers are four to ten times more likely to suffer from cancer of the throat, larynx and esophagus than nonsmokers.



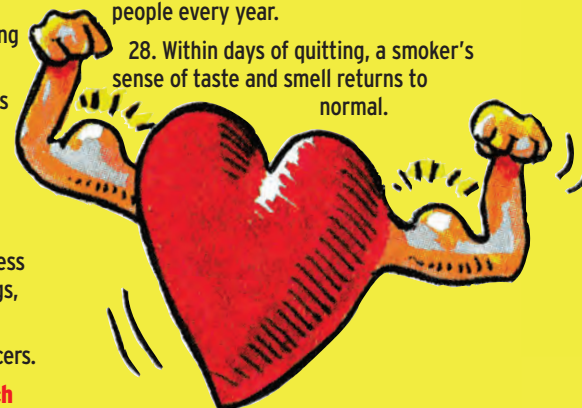
24. Tobacco gives you bad breath, yellow teeth and clothes that smell like an ashtray.

25. Smokeless tobacco causes cancer of the mouth, tongue and throat.

26. One-third of all new smokers will eventually die from tobacco use.

27. Secondhand smoke kills about 53,000 people every year.

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



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

30. Smoking during pregnancy increases the risk of having a miscarriage.



Knox County Health Department

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