

TOBACCO

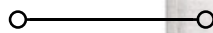
FACT SHEET

DRUG DESCRIPTION

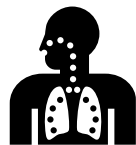
Tobacco is a plant whose leaves are dried then fermented before being utilized in different tobacco products. Tobacco can be smoked, chewed, or sniffed. The most prevalent forms of tobacco products include: cigarettes, cigars, bidis, kreteks, chewing tobacco, snus, snuff, and dip. Loose tobacco can also be smoked through a pipe or hookah.

WHAT ARE THE EFFECTS OF SMOKING?

Smoking causes an increase in blood pressure, breathing, and heart rate. It also increases the risk for heart disease and stroke.



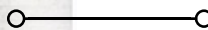
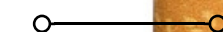
Smoking can cause a plethora of lung related complications such as coating the lungs with tar or damaging air sacs and airways. Smoking can lead to lung cancer, chronic bronchitis, chronic obstructive pulmonary disease, and emphysema.



Millions each year are regularly exposed to secondhand smoke causing millions to be susceptible to the same effects and health concerns of tobacco users.



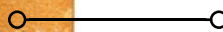
Cigarette smoking is the leading preventable cause of death in the United States, causing nearly half a million deaths each year, meaning this is nearly the cause of 1:5 deaths.



Nicotine, an ingredient found in tobacco stimulates the adrenal glands to release adrenaline. This then stimulates the nervous system and increases levels of the chemical dopamine, which affects parts of the brain that control reward and pleasure.



Smoking increases the risk of cancer, most notably lung cancer. Poisons in cigarette smoke can weaken the body's immune system and can damage or change a cell's DNA. When this happens, a corrupted cell or cancer cell can keep growing without being stopped.



According to the CDC, smoking costs the US \$300 billion a year, including nearly \$170 billion in direct medical care and more than \$156 billion in lost productivity due to premature death and exposure to secondhand smoke.

TOBACCO

FACT SHEET

WHAT HAPPENS IF I STOP SMOKING?

10 YEARS

Risk for lung cancer drops by half.

Risk of pancreatic cancer reduces to that of a nonsmoker.

5 YEARS

Risk for stroke reduces to that of a nonsmoker.

Risk for cervical cancer reduces to that of a nonsmoker.

Risks for cancers of the

- Mouth
- Throat
- Esophagus
- Bladder

drop by half.

1 YEAR

Coughing and congestion decrease.

Cilia, hair lining the lungs, begin to function normally again, cleaning the lungs and reducing risk of infection.

Risk for heart disease is half that of smokers.

1 MONTH

Sense of taste and smell improves.

Circulation and lung function improves.

1 DAY

Heart rate and blood pressure lowers.

Carbon monoxide levels in the blood return to normal.

Information obtained from: The National Institute on Drug Abuse, U.S. Department of Health and Human Services, CVS Health, and the Center for Disease Control



PLEDGEFORLIFE.ORG