

Smokers suffer **SHORTNESS OF BREATH** (gasp!) almost 3 times more often than nonsmokers.

http://www.cdc.gov/tobacco/youth/information_sheet/index.htm

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On average, adults who smoke cigarettes **DIE** 14 years earlier than nonsmokers.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm

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Smokers are at a greater risk for complications following surgery, including wound **INFECTIONS**, postoperative pneumonia and other respiratory complications.

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Smoking cigarettes that have a lower yield of tar does not substantially reduce the risk for **LUNG CANCER**.

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An estimated 25 million Americans who are alive today will **DIE PREMATURELY** from smoking-related illnesses, including 5 million people younger than 18.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm

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The younger people start smoking cigarettes, the more likely they are to become strongly **ADDICTED** to nicotine.

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The decrease in secondhand smoke over the last 20 years is due to the growing number of laws that ban smoking in work places and public places, the increase in the number of households with smoke-free homes, and the decreases in adult and youth smoking rates.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm#lung

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Breathing secondhand smoke interferes with the normal functioning of the heart, blood and vascular systems in ways that increase the risk of having a **HEART ATTACK**.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/lung_cancer/index.htm

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Short-term use of spit tobacco can cause cracked lips, white spots, sores and **BLEEDING** in the mouth.

http://www.cdc.gov/tobacco/youth/information_sheet/index.htm

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Tobacco use is the single most preventable cause of death in the United States, causing **HEART DISEASE, CANCERS AND STROKES.**

http://www.cdc.gov/tobacco/youth/information_sheet/index.htm

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Smokeless tobacco contains 28 **CANCER-CAUSING AGENTS.** It is a known cause of human cancer.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/

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Tobacco use in adolescence is associated with many other health risk behaviors, including high-risk sexual behavior and use of alcohol or other drugs.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

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Adolescents who use smokeless tobacco are more likely to become cigarette smokers.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/

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Spit tobacco and cigars are **NOT SAFE** alternatives to cigarettes; low-tar and additive-free cigarettes are not safe either.

http://www.cdc.gov/tobacco/youth/information_sheet/index.htm

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Sean Marcee, a high school star athlete who used spit tobacco, **DIED OF ORAL CANCER** when he was 19 years old.

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Smokeless tobacco is a known cause of human cancer; it increases the risk of developing cancer of the oral cavity and pancreas.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm

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