The Truth About Tobacco
Some Effects of Tobacco Use

- Cancers of the lung, larynx, oral cavity, pharynx, esophagus, bladder, pancreas, uterine cervix, and kidney
- Heart disease
- Stroke
- Chronic Bronchitis
- Emphysema
Triple Whammy on the Heart

- Tobacco use promotes plaque build-up which narrows blood vessels.
- Carbon monoxide reduces the oxygen capacity of the blood.
- Nicotine increases the average smoker’s heart rate by 10 beats per minute
Health Effects of Spit Tobacco

- Cancer of the mouth and pharynx
- Leukoplakia (pre-cancerous sores)
- Gum recession
- Bone loss around teeth
- Abrasion and loss of teeth
Effects of Second-Hand Smoke

- Lung cancer and heart disease in adults
- Acute lower respiratory infections
- Respiratory symptoms (cough/wheeze)
- Ear infections
- Reduced lung function
- Reduced rate of pulmonary development
Parents and Smoking

- The more a mother smokes, the greater the risk her baby will be low birth weight.

- Children of smoking parents are twice as likely to be in poor health as children of non-smoking parents.
Smoking and SIDS

- Light smokers are twice as likely as non-smokers to have their babies die of Sudden Infant Death Syndrome (SIDS).
- Heavy smokers are three times more likely to have their babies die of SIDS.
Infant’s Increased Risk Due to Maternal Smoking

- Spontaneous Abortion: 70%
- Preterm Birth: 36%
- Full Term Low Birth Weight: 98%
- Perinatal Death: 25%