

Wheel of Tobacco Consequences and Information

1. Heart Disease

- When you smoke, your pulse quickens, causing your heart to beat an extra 10-15 times per minute, or as many as 36,000 additional times a day.
- Smoking forces the heart to work harder and can double the risk of a heart attack.
- Cigarette smoking is directly responsible for at least 20% of all deaths from heart disease.
- When you smoke, the people around you are also at risk for developing health problems, especially children. It is estimated that at least 35,000 nonsmokers die from heart disease each year as a result of exposure to second-hand smoke.
- Cigarette smoking produces a great risk of coronary heart disease in people younger than 50 years.

2. Lung Cancer

- Cigarette smoke attacks the lungs' natural defenses.
- Excess mucus in the lungs will make you more susceptible to colds, flu, bronchitis and other respiratory infections.
- Continued exposure can lead to lung cancer and lung diseases, including pneumonia and emphysema.
- Smoking causes 90% of lung cancer in men and 80% in women.

3. Smoker's Face

- Smokers have what is called a "smoker's face". Characterized by a grayish appearance of the skin and deep lines around the corners of the eyes and mouth.
- Smoker's face is caused by a lack of oxygen to the skin. These conditions occur because smoking constricts the blood vessels in the skin, making it more susceptible to wrinkling.
- If you smoke, by the time you are 40 you could look distinctly older than friends the same age as you who have never touched tobacco.
- Female smokers are three times more likely to have moderate to severe wrinkles than female non-smokers. Male smokers can double the wrinkles of non-smokers.

4. Osteoporosis (Bone Thinning)

- Smokers have a higher risk of developing osteoporosis, a condition that involves bone thinning.
- The loss of bone tissue can result in an increase of bone fracture.
- Studies suggest second-hand smoke exposure during childhood could increase the risk of developing low bone mass.

5. Ulcers/Stomach Problems

- Smokers are at greater risk of developing peptic ulcers, Crohn's disease and gallstones and can experience chronic heartburn.

6. Bad Breath

- Cigarettes leave smokers with a condition called halitosis, or persistent bad breath.

7. Mouth Sores

- About 70% of tobacco users get mouth sores.
- Tobacco in all forms - Cigarettes, chew or snuff, pipes or cigars - plays a role in oral cancer.
- Smokers are six times for likely than nonsmokers to develop some form of oral cancer.

8. Hairy Tongue

- Black hairy tongue is a condition caused by a fungus which grows on the top surface of the tongue. It is most commonly seen in tobacco smokers.

9. Nicotine Addiction

- Most teen smokers who want to quit are still trying to quit five years later. Tobacco products are addictive because of the nicotine. Nicotine is the drug in tobacco leaves.
- Whether someone smokes, chews or sniffs tobacco, he or she is delivering nicotine to the brain.
- Each cigarette contains about 10 milligrams of nicotine.
- Nicotine is what keeps people smoking despite its harmful effects. Because the smoker inhales only some of the smoke from a cigarette and not all of each puff is absorbed in the lungs, a smoker gets about 1 to 2 milligrams of the drug from each cigarette.
- A drop of pure nicotine would kill a person-in fact, nicotine can be used as a pesticide on crops.

10. Bladder Cancer

- Smoking causes about half of bladder cancer in men and more than one-fourth of bladder cancer in women.

11. Cavities

- Smoking damages the flow of blood to the gums and teeth. If the teeth do not get enough nutrients, they will die and drop out.
- Children whose parents smoke are more likely to develop dental cavities.

12. Stinky

- The smell of stale smoke tends to linger - not just on people's clothing, but on their hair, furniture, and cars. And it's often hard to get the smell of smoke out.

13. Reduced athletic performance/letting down the team

- People who smoke usually can't compete with nonsmoking peers because the physical effects of smoking (like rapid heartbeat, decreased circulation, and shortness of breath) impair sports performance.

14. Yellow Teeth

- Tobacco stains your teeth and nails.

15. Bad Eyesight

- Smoking can cause eye irritation, cataracts, and dry eye.