

# Facts About Smoking

## For the Smoker

Over 430,000 U.S. citizens die each year from smoking. Smoking is the leading cause of death in America.

The nicotine in cigarettes is one of the most addictive chemicals consumed by people.

Over 4,000 chemicals can be found in tobacco smoke.

61 cancer causing agents have been identified in tobacco smoke.

There is no such thing as a safe cigarette. "Light" and "low tar" cigarettes have been proven to be just as dangerous as "regular" cigarettes.

Research shows that smokers lose more teeth than nonsmokers. Plus have an increased risk of additional cavities, oral cancer, loss of taste, mouth sores, and gum disease.

It is never too late to quit! (see separate Benefits of Quitting page)

## For Those Around The Smoker

Over 50,000 U.S. citizens die each year from breathing someone else's smoke. Exposure to environmental tobacco smoke (ETS) is the third leading cause of death in America.

Tobacco smoke is considered a Group A Carcinogen, proven to cause cancer in humans.

Exposure to ETS can be associated with over 300,000 cases of bronchitis and pneumonia each year in America among children 18 months and younger.

Tobacco smoke increases the frequency and severity of asthma attacks.

Smoking in the home dramatically increases the incidence of Sudden Infant Death Syndrome (SIDS).



**Tobacco Program 630/264-7670**