

## **Facts about Smoking:**

- Cigarette smoke contains more than 4,800 chemicals; 69 of which are known to cause cancer.
- Smoking is directly responsible for 90 percent of lung cancer deaths.
- 8.6 million people have at least one serious illness caused by smoking.
- For every person who dies of a smoking-related illness there are 20 more who suffer from a serious illness related to smoking.
- Smoking is a major factor in coronary heart disease and stroke.
- Neonatal healthcare costs attributed to maternal smoking are estimated in excess of \$366 million per year.

*Information provided by the American Lung Association.*

## **Smokeless Tobacco Facts:**

- Smokeless tobacco includes chew tobacco and snuff. These products contain tobacco leaf and a variety of additives.
- Chew tobacco is not a safe alternative to smoking. One can of chew tobacco has triple the cancer-causing chemicals compared to a pack of cigarettes. In fact, chewing tobacco and snuff contain 28 cancer-causing agents.
- About 8,000 people die (70 percent from oral cancer) every year due to chewing tobacco use.
- Other cancers caused by tobacco include cancer of the pancreas, nasal cavity, urinary tract, esophagus, pharynx, intestines and the stomach.
- Snuff and chewing tobacco cause bad breath, discoloration of teeth and tooth decay that lead to tooth loss.
- Smokeless tobacco is more addictive and may be harder to quit than smoking because it contains higher levels of nicotine than cigarettes.
- One can of snuff delivers as much nicotine as 60 cigarettes.
- Double dippers, who mix snuff and chewing tobacco, are more likely to develop pre-cancerous lesions than those who use only one type of chewing tobacco.

*Information provided by the Academy of General Dentistry.*

## **Facts about Secondhand Smoke:**

- Smoking or breathing secondhand smoke damages nearly every organ in the human body, is linked to at least 10 different cancers, and accounts for some 30 percent of all cancer deaths. And it costs billions of dollars each year.
- Secondhand smoke causes approximately 3,000 lung deaths and 35,000 heart disease deaths in non-smokers in the United States annually.
- Non-smokers exposed to environmental smoke were 25 percent more likely to have coronary heart diseases compared to non-smokers not exposed to smoke.
- Secondhand smoke has been classified by the Environmental Protection Agency (EPA) as a known cause of cancer in humans.
- Secondhand smoke is especially harmful to young children.
- Secondhand smoke is responsible for 150,000 to 300,000 lower respiratory tract infections in infants and children under 18 months of age.
- Smoking by parents is associated with a wide range of adverse effects in their children including asthma, increased frequency of colds and ear infections and sudden infant death syndrome.

*Information provided by the American Lung Association.*