

SMOKING CIGARETTES

Risks

- diminished or extinguished sense of smell and taste
- frequent colds
- smoker's cough
- gastric ulcers
- chronic bronchitis
- increase in heart rate and blood pressure
- premature and more abundant face wrinkles
- emphysema
- heart disease
- cancer of the mouth, larynx, esophagus, lung, pancreas, bladder, uterus, and blood

The use of tobacco is addictive. Most users develop a tolerance for nicotine and need greater amounts to produce the desired effect. Smokers become physically and psychologically dependent and will suffer withdrawal symptoms when they stop. Physical withdrawal symptoms include changes in body temperature, heart rate, digestion, muscle tone, and appetite. Psychological symptoms include irritability, anxiety, sleep disturbances, nervousness, headaches, fatigue, nausea, and cravings for tobacco that can last days, weeks, months, years or an entire lifetime.

Facts

- Nearly one in five high school males use spit tobacco. Continuous intake of spit tobacco leads to various oral cancers and a host of other diseases, in addition to bad breath.
- Smoking can cause or further increase stress, nervousness and agitation rather than calm you down.
- Addiction to cigarettes frequently leads to other forms of drug addiction.
- Cigarettes are a known habit – begin that the more you smoke, the more you need.
- Cigarettes are highly addictive – one-third of the people who just begin smoking are addicted by the time they are 20.
- Did you know that secondhand smoke is responsible for approximately 3,000 cancer deaths annually of non-smokers in the United States?

Think About It!

- {1} *Use your head.* Smoking is responsible for close to 420,000 deaths each year.
- {2} *Stay active.* Exercising and participating in sports is nearly impossible if you smoke cigarettes.
- {3} *Be aware of the risks.* Smoking can lead to many physical problems including emphysema, heart disease, stroke and cancer.
- {4} *Keep your edge.* Smoking makes you smell bad, gives you bad breath and gives you premature wrinkles.
- {5} *Play it safe.* Experimenting with smoking could lead to full-fledged addiction and a lifetime of trying to quit.
- {6} *Do the smart thing.* Smoking puts your health and the health of those around you at risk.
- {7} *Get with the program.* Smoking isn't "in" anymore.
- {8} *Find ways to reduce anxiety.* Smoking may actually contribute to your state of agitation.