

FACT AND FICTION:



MYTH:

I don't have to worry about cancer. That only happens to older people.

BUSTED: It is true that the older you become, the greater the likelihood of contracting cancer. But, statistics are not safe havens. Cancer occurs because of cancer cells, not old age, and tobacco use can create cancer cells at any age.

MYTH:

Smokeless tobacco isn't safe, but it's better than smoking.

REVIEW ONLY

BUSTED: Smokeless tobacco ("chew" or "dip") causes the same harm as smoking does, it just harms different parts of the body more than others. Keep in mind that the chemicals in tobacco end up in your blood, slowly eroding and damaging your entire body. All around, tobacco is bad for you. Period.

Schedule
Datebooks

MYTH:

If I don't feel intoxicated, I am not intoxicated.

BUSTED: Over time, tolerance builds. If it calms you down, a person from feeling intoxicated, but it is a ruse. The body is still absorbing, processing, and being damaged by the alcohol that is being consumed. Tolerance increases the risk of incurring alcohol poisoning and is an early signal of addiction, not a positive attribute.

DO NOT SUBMIT FOR PRINT

MYTH:

I only smoke socially. I can't become addicted.

BUSTED: Studies show that even a few cigarettes can cause the same level of nicotine addiction as that experienced in heavy smokers. Occasional use can quickly become a habit!

MYTH:

My problems are solved by taking drugs and drinking.

BUSTED: Life issues will never be solved by drugs or alcohol, only delayed. Learn to honestly confront any problem you may have and face the consequences. Change only occurs through effort, dedication, and self-respect.