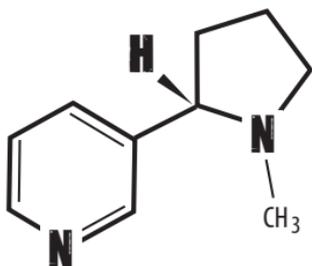


FACT AND FICTION:



Tobacco is a leafy, flowering plant cultivated in mild to tropical regions. There are a variety of tobacco plant types, ranging from 12 inches to 4 feet in height. Nicotine is naturally produced by these plants. Cultivators harvest and process the tobacco plant into a final product.

Nicotine is a naturally occurring insecticide that acts as a stimulant in people. It is a highly addictive and carcinogenic (cancer-causing) drug.

REVIEW ONLY

School Datebooks

Addiction Rank: 1st

Harmfulness: 6th

Description: Naturally occurring in tobacco.

Side Effects: Severely addictive, gum and mouth disease, dizziness, bad breath, altered brain chemistry, sores, cancer, early death.

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Heart: The inhalation (absorption of harmful chemicals) and harmful chemicals in the blood stream. These chemicals slowly damage the inner walls of our hearts and arteries. Over time, they shrink and harden, leading to a heart attack or worse.

Mouth: Tobacco use can cause gum recession, accelerated tooth decay, reduced sense of taste, and oral cancer.

Addiction Profile:

Nicotine dependence becomes a part of a person's life. It is used to fill voids of physical/mental states such as hunger, boredom, relaxation, and stress reduction. Addicts often believe the only way they can participate in life and feel normal is with nicotine. In the end, all an addicted person will know is that a cigarette or dip will help when, sadly, it is doing exactly the opposite.

When a person attempts to quit smoking, they must handle not only the physical withdrawals but also the psychological dependence, the "habit," which can be much more difficult. If you or someone you know is addicted and trying to quit, fight the habit as well as the physical withdrawals. Replace nicotine with other activities, goals, and challenges.

Body Damage:

Brain – Nicotine turns up the volume of your brain chemically, altering the brain stem and control centers, causing addiction.

Lungs – The myriad of harmful chemicals and tar found in tobacco collect in the lungs. Would you voluntarily coat your lungs with road tar?

Nicotine = cigarettes, ecigarettes, cigars, chewing tobacco, and any vaping product.