**Health effects of smoking**

* The adverse health effects from cigarette smoking account for more than 480,000 deaths, or nearly one of every five deaths, each year in the United States.
* More deaths are caused each year by tobacco use than by HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
* If nobody smoked, one of every three cancer deaths in the United States would not happen.
* Smoking causes an estimated 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women.

**Smoking causes the following cancers**

Acute myeloid leukemia Bladder cancer

Cancer of the cervix Cancer of the esophagus

Kidney cancer Cancer of the larynx

Lung cancer Cancer of the mouth

Pancreatic cancer Cancer of the throat

Stomach cancer

**Compared with nonsmokers, smoking is estimated to increase the risk of—**

* Coronary heart disease and stroke by 2 to 4 times
* Men developing lung cancer by 23 times and Women developing lung cancer by 13 times
* Dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times

**Secondhand smoke**

* Secondhand smoke causes an estimated 46,000 premature deaths from heart disease each year in the United States among nonsmokers.
* Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25–30%.
* Breathing secondhand smoke can have immediate adverse effects on your blood and blood vessels, increasing the risk of having a heart attack.
* Nonsmokers who are exposed to secondhand smoke are inhaling many of the same cancer-causing substances and poisons as smokers.
* Secondhand smoke contains about 70 cancer-causing chemicals.
* Even brief secondhand smoke exposure can damage cells in ways that set the cancer process in motion.
* As with active smoking, the longer the duration and the higher the level of exposure to secondhand smoke, the greater the risk of developing lung cancer
* Spending an hour in a car with a smoker is like smoking three cigarettes yourself

**Fires**

* Cigarettes are the leading cause of fire fatalities in the United States: resulting in 25% of all deaths by residential fires. Almost every day, someone in America dies from a fire caused by a cigarette- many of these deaths are toddlers, infants or the elderly

**Advertising**

* The tobacco industry spends more than $12.4 billion per year – over $34.1 million a day – marketing its deadly products in the U.S. alone, many of these advertisements influence our children.

**Third hand smoke**

Third hand smoke is the tobacco residue that lingers on surfaces long after a burning tobacco product has been extinguished. Third hand smoke clings to hair, skin, clothes, furniture, drapes, walls, carpets and other surfaces. Third hand smoke has proven to be toxic and is an emerging health hazard. Nonsmoking adults, infants and children are at risk for tobacco-related health problems when they inhale, ingest or touch surfaces or materials containing third hand smoke.



**What Do You Know About Tobacco?**

**You can always find the sun within yourself if you will only search – Maxwell Maltz**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please review the facts on the back and answer the questions below**

How many Americans die each year from cigarette smoking? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spending an hour in the car with someone who smokes is like smoking \_\_\_\_\_\_\_\_ of cigarettes

How many people die a year from second hand smoke? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the leading cause of fire fatalities in the United States? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much money does the tobacco industry spend on advertising each year? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

True or false – Compared to nonsmokers, men increase the risk of lung cancer by 23% \_\_\_\_\_\_\_\_\_

True or false – Secondhand smoke contains approximately 70 cancer-causing chemicals\_\_\_\_\_\_\_\_\_

True or false – Third hand smoke is residue from second hand smoke\_\_\_\_\_\_\_

True or false – More deaths are caused by tobacco than alcohol, car accidents and murder\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

True or false - Nicotine is the addictive ingredient in tobacco\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

True or false – Secondhand smoke increases the risk of heart disease in men and women\_\_\_\_\_\_\_\_\_

True or false – Cigarettes only affect those who smoke\_\_\_\_\_\_\_\_\_\_\_

Complete the sentence

If nobody smoked, \_\_\_\_\_\_\_\_\_\_\_\_ of every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ deaths in the United States would not happen

Secondhand smoke contains about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chemicals

List three types of cancers caused by smoking

**Parent signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Lesson #2