

# EFFECTS OF TOBACCO

## Key Points

1. Students who are in middle school can become addicted to cigarettes after smoking just one pack. Some research says that it takes only a few cigarettes for many people to become hooked.
2. Smoking is very addictive. The drug nicotine is a chemical that is found in tobacco products and makes smoking cigarettes addictive.
3. The substance that gets left behind in the lungs when you smoke is tar – the sticky substance that is used in blacktop paving.
4. Smoking raises (increases) blood pressure and heart rate.
5. Smoking does not ‘calm your nerves’ the way some people think it does. It actually increases the rate of the heart and blood flow, making the body work harder.
6. There are approximately 600 ingredients in tobacco including arsenic and formaldehyde (embalming fluid). When burned, they create over 4800 chemicals, including 69 that are carcinogenic.
7. There are at least **50** known carcinogens in second-hand smoke alone. This number has been found to increase over time as more and more research is conducted.
8. Second-hand smoke is being around others when they are smoking. Exposure to second-hand smoke is very harmful. People exposed to second-hand smoke develop health problems from this.
9. Most adults who are addicted to cigarettes started smoking before they were 18 years old (before they were legally allowed to purchase cigarettes or smoke).
10. It is extremely difficult to stop smoking; the best thing is to never start.
11. Tobacco companies add lots of things to their cigarettes and chewing tobacco to try to improve the taste (including sugar and artificial flavors). They don’t have to tell everything that is added.
12. Chewing tobacco is just as bad for your body as smoking.
13. More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.