

Smoking Isn't Cool...

It's DEADLY!

Did You Know...?

† About 400,000 people die each year from diseases caused by smoking...more than from alcohol, crack, heroin, murder, fire, suicide, car accidents, and AIDS combined.

† Smoking causes heart disease, lung cancer, and other serious health problems.

† Smokers get out of breath much more quickly than nonsmokers. Many suffer from wheezing, coughing, asthma, bronchitis, and emphysema.

† Tobacco use causes one of every five deaths in the United States - it's the single most preventable cause of death.

† The earlier people start smoking, the harder it is for them to quit when they're older. Two out of every three teens who use tobacco at age 18 become adult users.

† Besides being deadly, smoking makes your clothes, hair, and breath stink; turns your teeth yellow; and is a real turn off.

† Smoking is expensive. At about \$4.50 per pack, a pack-a-day habit will cost you \$31.50 a week, \$135 a month, and \$1,642 a year!

† In a single day, approximately 2,000 Americans under the age of 18 begin smoking.

† Secondhand smoke kills about 3,000 nonsmokers each year from lung cancer. Secondhand smoke can cause wheezing, coughing, colds, earaches, asthma attacks, pneumonia, bronchitis, and lung cancer in nonsmokers.

† Tobacco companies spend billions of dollars every year trying to get people hooked on cigarettes. The most popular brands with kids are the ones that do the most advertising. **Don't let them fool you!**

