

# YOU HAVE the POWER

Smokers suffer **SHORTNESS OF BREATH** (gasp!) almost 3 times more often than nonsmokers.

[http://www.cdc.gov/tobacco/youth/information\\_sheet/index.htm](http://www.cdc.gov/tobacco/youth/information_sheet/index.htm)

[www.razewv.com](http://www.razewv.com)

**RAZE**  
tear down tobacco lies.

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Smokers are at a greater risk for complications following surgery, including wound **INFECTIONS**, postoperative pneumonia and other respiratory complications.

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An estimated 25 million Americans who are alive today will **DIE PREMATURELY** from smoking-related illnesses, including 5 million people younger than 18.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/tobacco\\_related\\_mortality/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm)

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Secondhand smoke contains more than **50 CANCER-CAUSING CHEMICALS**.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/lung\\_cancer/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/lung_cancer/index.htm)

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On average, adults who smoke cigarettes **DIE** 14 years earlier than nonsmokers.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/tobacco\\_related\\_mortality/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm)

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Smoking cigarettes that have a lower yield of tar does not substantially reduce the risk for **LUNG CANCER**.

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The younger people start smoking cigarettes, the more likely they are to become strongly **ADDICTED** to nicotine.

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Even brief secondhand smoke exposure can **DAMAGE** cells in ways that set the cancer process in motion.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/lung\\_cancer/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/lung_cancer/index.htm)

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Short-term use of spit tobacco can cause cracked lips, white spots, sores and BLEEDING in the mouth.

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Smokeless tobacco contains 28 CANCER-CAUSING AGENTS. It is a known cause of human cancer.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/smokeless/smokeless\\_facts/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/)

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Adolescents who use smokeless tobacco are more likely to become cigarette smokers.

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Sean Marcee, a high school star athlete who used spit tobacco, DIED OF ORAL CANCER when he was 19 years old.

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Tobacco use is the single most preventable cause of death in the United States, causing HEART DISEASE, CANCERS AND STROKES.

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Tobacco use in adolescence is associated with many other health risk behaviors, including high-risk sexual behavior and use of alcohol or other drugs.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm)

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Spit tobacco and cigars are NOT SAFE alternatives to cigarettes; low-tar and additive-free cigarettes are not safe either.

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