

fight the temptation

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

http://www.cdc.gov/tobacco/youth/information_sheet/index.htm

RAZE
tear down tobacco lies.

fight the temptation

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

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

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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

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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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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

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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

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

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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/

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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

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

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/

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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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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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