

Health In Progress

Lesson 7

The Dangers of Smoking



QUESTION 7:

TRUE OR FALSE

One of the best choices you can make to stay healthy is to not smoke.

ANSWER: True

1. **There are many reasons not to smoke or use tobacco products.** Smoking is bad for your health. Smoking cigarettes is addictive. For most people, once they start it is hard to stop. This is unfortunate for many reasons. On the outside it damages your skin, hair and nails. On the inside it can cause cancer, make it difficult to climb stairs, run or any vigorous activity.

Important facts and statistics to know about smoking cigarettes and using other tobacco products.

- * **One-third** of all new smokers will eventually die of smoking related diseases.
- * **Ninety-percent** of all smokers started when they were teens.
- * Each time you take a puff on a cigarette you **inhale 400 toxic chemicals** including:
 - Nicotine (a drop of pure nicotine can kill)
 - Cyanide (a deadly poison)
 - Benzene (used in making paints, dyes and plastics)
 - Formaldehyde (used to preserve dead bodies)
 - Acetylene (fuel used in torches)
 - Ammonia (used in fertilizers)
 - Carbon Monoxide (poisonous gas)
- * **Light cigarettes are not healthier than regular cigarettes.** The truth is that light cigarettes do not reduce the health risks of smoking. The only way to reduce a smoker's risk, and the risk to others, is to stop smoking completely.

80 % of teenagers choose not to smoke
- so don't let anyone get away with telling you that "everyone is doing it"!

Source: <http://www.cancer.gov/cancertopics/tobacco>

Source: tobacco: straight talk for teens brochure; published by the American Academy of Pediatrics