

Tobacco Trivia: Do You Know Your Snuff?

All forms of tobacco are harmful: smoking cigarettes, cigars, or chewing tobacco. There is no safe way to use tobacco. Even secondhand smoke is harmful!

What do you think?

True	False	Cigarette smoking doubles a person's risk for stroke.
True	False	A single cigar can contain as much tobacco as an entire pack of cigarettes.
True	False	"Low-tar" or "light" cigarettes are just as harmful as regular or full-flavor cigarettes.
True	False	Tobacco smoke contains more than 200 poisonous chemicals.
True	False	One can of snuff may contain as much tobacco as 60 cigarettes.

All of the above statements are TRUE!

Tobacco contains:

- Arsenic— used for rat poison
- Ammonia—used for toilet bowl cleaner
- Carbon monoxide—found in car exhaust pipes
- Tar—used for roofing and waterproofing
- Nicotine—one of the most addictive drugs known and also used as poison in bug sprays

Tobacco contains over 60 cancer-causing substances!

Tobacco use is linked with these cancers:

- Lung
- Kidney
- Pancreatic
- Bladder
- Esophageal
- Laryngeal
- Stomach



Children who live with a smoker are more at risk for health problems such as:

- Bronchitis
- Pneumonia
- Asthma
- Ear infections
- More days of missed school



- Smoking is linked to male impotence.
- Using tobacco and being around secondhand smoke increases everyone's heart attack risk.
- In women, smoking is linked to:
 - problems getting pregnant,
 - increased chance of miscarriages,
 - delivering low-birth-weight babies, and
 - going into menopause earlier than normal.



If you would like information on how to quit smoking, call the American Cancer Society Quitline® at 1-800-227-2345.