

Tobacco

The truth is that tobacco kills. Each year, 443,000 people die from tobacco related causes, including 50,000 people from second hand smoke. That's more Americans than are killed by AIDS, alcohol, car accidents, murders, suicides, drugs, and fires combined. If we keep up with our current trends, by the year 2020, tobacco will kill 7 million people worldwide per year.

The good news: smoking is the number one preventable cause of death in the U.S. Knowing the high risk of cancer, emphysema, stroke, heart attack, chronic bronchitis, cardiovascular disease, cataracts, and other smoking related diseases, what do you choose?



Anatomy of a Cigarette

Cigarette smoke contains over 4,000 chemicals, have over 43 cancer causing ingredients, and 400 other toxic compounds. Just what are you putting in your body when you take a puff? Let's take a look at the anatomy of a cigarette.

Acetone—a.k.a. nail polish remover.

Ammonia—used in many household cleaning products.

Arsenic—rat poison.

Benzene—cancer causing ingredient that is used in fuel and dyes.

Butane—lighter fluid.

Cadmium—used to make batteries; causes kidney damage and lung cancer.

Carbon Monoxide—car exhaust; prevents blood from carrying oxygen to the body.

Formaldehyde—used by funeral homes to preserve dead bodies.

Hydrogen Cyanide—gas chamber poison.

Methoprene—pesticide.

Nicotine—main addictive ingredient. It is absorbed into the blood in about 10 seconds and releases dopamine in the brain, and increases the heart rate and blood pressure.

Tar—smoking 1 pack a day will deposit 1.5lbs of tar into the lungs each year.



If you are concerned about your own use or a loved one developing a tobacco addiction, you are not alone. There are many resources that can help you on the road to recovery. The Bernards Township Health Department offers smoking cessation counseling for those that are trying to quit. Visit www.bernardsalliance.org for more information. The American Lung Association also offers information about quitting. Visit www.lungusa.org.



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Fact or Myth?

MYTH: *"I'm not addicted, I can quit anytime I want to."*

FACT: Nicotine, a main ingredient in tobacco, is highly addictive. After quitting, cravings can be incredibly strong, making it difficult to resist lighting up.

MYTH: *"I'm only hurting myself."*

FACT: Second hand smoke is extremely dangerous. Smokers put their children, spouses, and others that are around them at a higher risk for developing cancer, heart disease and more. Smoking while you're pregnant increases the risk of having a miscarriage or stillborn infant as well as Sudden Infant Death Syndrome (SIDS).

MYTH: *"I've been smoking for too long so the damage is done. Quitting now won't make a difference."*

FACT: It's never too late! Your body starts healing immediately after quitting. Just 12 hours after quitting, carbon monoxide levels in the blood return to normal. In 10 years, the risk of lung cancer decreases by half. Quitting today will put you on the path to a better future.

The Bernards Township Municipal Alliance Against Substance Abuse is a community coalition administered by the Bernards Township Health Department.

The Municipal Alliance provides consultation, programs, training and resources to members of the Bernards Township community with the goal of preventing and reducing the use of alcohol, tobacco and other drugs. For

more information, visit



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The Truth About Tobacco:



**Empowering Smart
Decisions**



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