

Look what tobacco will do.



Mouth Sores, Bleeding in the Mouth, and Cancer

Smokeless tobacco (known as chew, dip, spit, or snuff) can cause sores and bleeding in the mouth.¹ It is a known cause of cancer.²

- Smokeless tobacco contains 28 cancer-causing agents.²
- Smokeless tobacco use can lead to nicotine addiction.²

- Smoking during teen years slows lung growth and causes lungs to decline at an early age.³
- Teens who smoke are likely to be less physically fit than teens who don't.³

Lung Cancer, Pneumonia, Bronchitis, and Emphysema

Smokers have more respiratory, or breathing, problems than nonsmokers.³ Smoking is also connected with chronic coughing and wheezing.³

- A young smoker's resting heart rate is two to three beats faster per minute than a nonsmoker's.⁵
- Cigarette smoking approximately doubles a person's risk of having a stroke.⁶



Heart Disease and Strokes

Cigarette smoking causes coronary heart disease and strokes.⁴ And, it has been linked to sudden cardiac death,⁴ which means your heart stops.



Lung disease photo credit: Arthur Glauber / Photo Researchers, Inc.

IF YOU SMOKE OR USE SMOKELESS TOBACCO... YOUR HEALTH IS AT RISK.



¹ CDC, Smoking & Tobacco Use. *Information Sheet, You(th) and Tobacco*. Available online at www.cdc.gov/tobacco/youth/information_sheet

² CDC, Smoking & Tobacco Use. *Fact Sheet—Smokeless Tobacco (updated May 2009)*. Available online at www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm

³ U.S. Department of Health and Human Services. *The Health Consequences of Smoking: what it means to you*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Available online at www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/whatitmeanstoyou.pdf

⁴ CDC, Smoking & Tobacco Use. *2004 Surgeon General's Report—The Health Consequences of Smoking: Highlights: Smoking Among Adults in the United States: Coronary Heart Disease and Stroke*. Available online at www.cdc.gov/tobacco/data_statistics/sgr/2004/highlights/heart_disease/index.htm

⁵ Milton, M.H., Maule, C.O., Yee, S.L., Backinger, C., Malarcher, A.M., Husten, C.G. *Youth Tobacco Cessation: A Guide for Making Informed Decisions*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2004. Available to order at www.cdc.gov/tobacco/quit_smoking/cessation/youth_tobacco_cessation/index.htm

⁶ CDC, Smoking & Tobacco Use. *Fact Sheet—Health Effects of Cigarette Smoking (updated May 2009)*. Available online at www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking