

Tobacco Facts

- The amount of nicotine in one dip, or chew, of spit tobacco can deliver up to 5 times the amount found in one cigarette. For example, a thirty-minute chew gives you the same amount of nicotine as three cigarettes and a two-can per week snuff dipper delivers the same nicotine as a 1 1/2 pack-a-day cigarette habit.
- **Spit tobacco users are 50 times more likely than non-users to contract cancers** of the cheek, gums and inner surface of the lips.
- **Spit tobacco users have a higher risk of heart disease**, hypertension and heart attacks.
- Nicotine causes a short-term increase in blood pressure, heart rate, and the flow of blood from the heart. It also causes the arteries to narrow. Carbon monoxide from smoking reduces the amount of oxygen the blood can carry. This, combined with the effects produced by nicotine, creates an imbalance in the demand for oxygen by the cells and the amount of oxygen the blood is able to supply.
- Smoking causes **premature aging**:
 - Smoking is linked to **premature wrinkles**
 - Smoking causes early aging of your lungs
- 80% of teens would rather date a nonsmoker.
- Teens who smoke may **cough, have asthma attacks more often** or develop other respiratory problems leading to more **sick days**, more **doctor bills** and **poorer athletic performance**.
- Tobacco smoke causes **yellow, stained teeth** and **bad breath**.
- Secondhand smoke increases the risk of sudden infant death syndrome (SIDS)
- Secondhand smoke **kills an estimated 25,000 people annually** in the United States.
- Cigar smokers place themselves at risk for, **mouth and lung cancers, coronary heart disease, stroke, heart attack**, and also **lung disease**.
- Cigars produce **more secondhand smoke** than cigarettes due to their size, long aging and fermentation process, and long burn time.