“Quitting smoking is easy, I’ve done it a thousand times.”

Mark Twain
Tobacco- central nervous system stimulant

What is the addictive chemical in tobacco?

Nicotine
Nicotine

- Central nervous system stimulant
- Increases heart rate/blood pressure
- Constricts blood vessels
- Dulls tastes buds

Health experts have classified nicotine as addictive as heroin, cocaine, and alcohol.
Tobacco Products:
- Cigarettes
- Cigars
- Smokeless tobacco
- Pipe tobacco
4000 chemicals in cigarette smoke. A cancer causing chemical. 43 known carcinogens. What is a carcinogen?
Some Facts:

• 438,000 people died in 2006 from smoking related causes.

• 20% of all people in the U.S. smoke cigarettes.

• 23% male, 18% female
How much tar is in 1 cigarette?

- 10 mgs per cigarette.
- 1-2 mgs inhaled per cigarette.

How many cigarettes does an average adult smoker smoke?

- 2 packs per day
Emphysema

• Lung disease caused from smoking.
• 100,000 deaths in the U.S per year.
Premature aging and wrinkling:

- Nicotine and carbon monoxide accelerate the breakdown of collagen.

Collagen is a material found in human skin that provides elasticity.
Coronary Heart Disease

- Smoking is a major cause of coronary artery disease (CAD)
- Blood vessels supplying the heart muscles become narrowed leading to chest pains (angina) or heart attacks.

The image above shows a coronary artery with a tight narrowing. This is often a finding in smokers.
Lung Cancer