



Every single day nearly 4,000 kids between the ages 12 & 17 start smoking.¹

Each year, more than 400,000 Americans die from cigarette smoking.¹

References:

Available on our website
www.preventingcancer.org

Additional resources:
www.cdc.gov/tobacco
www.cancer.org

Highmark Healthy Places,
Healthy People

Center for Environmental Oncology

5150 Centre Avenue
Suite 434

Pittsburgh, PA 15232

Phone: 412-623-3375

Fax: 412-623-1715

E-mail: envonc@upmc.edu

Why Smoking Stinks

Approximately 2/3 of all cancers are caused by things in the environment. That means cancer isn't just something you inherit from your parents, but is also a result of being exposed over time to things like air pollution and pesticides. But, you can do something! Choose not to smoke cigarettes, chew tobacco, or smoke cigars!

Smoking cigarettes can cause:

- Certain cancers, such as cancer of the lung, mouth, cervix, & kidney.
- Heart disease, the leading cause of death in the United States.
- Smoking can affect your ability to have a healthy child.
- Smoking doubles your risk of a stroke (a "brain attack" that happens when your brain doesn't get enough oxygen.)¹

What's in a cigarette?

- Tobacco, an agricultural product, recognized as an addictive drug
- Nicotine, the chemical in tobacco that can get you hooked²
- Benzene & tars, dangerous agents often released in car exhaust
- Arsenic, cadmium & lead, found in smokestacks from power plants

Smoking causes other problems, too!

- Bad breath
- No cash for fun stuff! Cigarettes are very expensive!
- Yellow teeth
- Clothes, skin, & hair smell bad
- More colds & coughs
- Difficulty keeping up with friends when playing sports²

Did you know?

Even if you don't smoke, other people's smoke can harm you, too, known as secondhand smoke. This smoke is known to cause cancer in humans & is especially bad for children.³