Nicotine: Get the Facts

- The younger a person is when she begins smoking, the more likely she is to become addicted.¹

- If current patterns of smoking behaviors continue, an estimated 5.6 million of today’s children can be expected to die prematurely from a smoking-related disease.²

- Smoking at an early age increases your chances of getting lung cancer.²

- About 16 million people suffer with a serious illness caused by smoking.²

- Nicotine negatively impacts adolescent brain development, including lasting effects on working memory and attention.²

- Smoking reduces the rate of lung growth.³

- More than one-third of all kids who ever try smoking a cigarette become regular, daily smokers before leaving high school.⁴

- Smoking accounts for approximately one of every five deaths (480,000 people) each year.⁴

- Users of e-cigarettes may expose themselves to potentially toxic levels of nicotine when utilizing the refillable cartridges.⁵

- E-cigarettes have not been fully studied, so we do not know their potential risks.⁵

- Smokeless tobacco causes cancer of the mouth, esophagus and pancreas.⁶

- Cigarette smoke contains more than 7,000 chemicals, 70 of which are known to cause cancer.⁷

- Approximately three out of four teen smokers end up smoking into adulthood even if they intend to quit after a few years.⁸

- Smoking is directly responsible for approximately 90% of lung cancer deaths.⁸,⁹

- Dental decay and cavities are associated with the use of smokeless tobacco products.¹⁰
Nicotine: Get the Facts

- A 45-to-60-minute session of hookah smoking is equivalent to chain smoking 15 cigarettes.\(^{11}\)

- Hookah use has been linked to other unique risks not found with cigarette smoking, such as the spread of infectious diseases by sharing the pipe or through the way the tobacco is prepared.\(^ {11}\)

- Adolescents who use smokeless tobacco are more likely to become cigarette smokers.\(^ {12}\)

- On average, smokers die 10 years earlier than nonsmokers.\(^ {13}\)

- Teenage smokers suffer from shortness of breath almost three times as often as teens who don’t smoke, and they produce phlegm more than twice as often as teens who don’t smoke.\(^ {14}\)

- Smoking cessation has major and immediate health benefits, including decreasing the risk of lung and other cancers, heart attack, stroke and chronic lung disease.\(^ {15}\)

- Smoking is also associated with hearing loss, vision problems and increased headaches.\(^ {16}\)

- Although many smokers believe that smoking relieves stress, it is actually a major cause. Smoking only appears to reduce stress because it lessens the irritability and tension caused by the underlying nicotine addiction.\(^ {17}\)

- Nicotine, when inhaled in cigarette smoke, reaches the brain faster than drugs that enter the body intravenously.\(^ {18}\)

- According to a CDC report, 70% of adolescent smokers wish they had never started smoking in the first place.\(^ {19}\)

- When compared to a single cigarette, hookah smoke is known to contain higher levels of arsenic, lead and nickel.\(^ {20}\)

- A study of professional baseball players found no connection between smokeless tobacco use and player performance. Using smokeless tobacco increases your heart rate and blood pressure within a few minutes. This can cause a buzz or rush, but the rise in pulse and blood pressure places an extra stress on the heart.\(^ {21}\)

- During smoking, nicotine is absorbed quickly into the bloodstream and travels to the brain in a matter of seconds.\(^ {22}\)
Nicotine: Get the Facts

- Cigars contain the same addictive, toxic and carcinogenic compounds found in cigarettes. In fact, cigar smokers may spend up to an hour smoking a single large cigar that can contain as much tobacco as a pack of cigarettes.23

- Oral and esophageal cancer risks are similar among cigar and cigarette smokers.24

- Smokeless tobacco causes oral, pancreatic and esophageal cancer.25

- Young people were twice as likely to succeed in quitting smoking when enrolled in a smoking cessation program.26

- The menthol contained in certain cigarette brands may help the body absorb harmful cigarette smoke ingredients.27

- Research on nicotine dependence shows that key symptoms of addiction—strong urges to smoke, anxiety, irritability and unsuccessful quit attempts—can appear in young kids within weeks or only days after occasional smoking first begins and well before daily smoking has even started.28

- Approximately 15 million kids between the ages of 3 and 11 are exposed to secondhand smoke.29

References


Nicotine: Get the Facts


27. http://www.cancer.org/docroot/ped/content/ped_10_2x_questions_about_smoking_tobacco_and_health.asp
