

Tobacco and Personal Appearance

- Know the truth: Despite all the tobacco use on TV and in movies, music videos, billboards and magazines — most teens, adults, and athletes DON'T use tobacco.
- Smoking causes bad-smelling breath, stains teeth, cavities and tooth loss.
- Smoking makes hair, hands, clothes, cars and homes stink.
- It causes cough and phlegm production, increases respiratory illnesses such as asthma, bronchitis, infections, and lung cancer.
- Short-term use of spit tobacco can cause cracked lips, white spots, sores, and bleeding in the mouth.
- The younger people are when they start smoking cigarettes, the more likely they are to become strongly addicted to nicotine. Almost 90 percent of smokers begin at or before age 18.



Gum damage caused by chewing tobacco



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- Tobacco can cause heart attack and heart disease.
- Surgery to remove mouth cancers caused by tobacco use can lead to serious changes in the face.



Hairy tongue is a disorder that can be caused by tobacco use

- Sean Marcee, a high school star athlete who used spit tobacco, died of oral cancer when he was 19 years old.
- Alcohol and tobacco are a deadly cancer-causing combination; when used together they are more dangerous!

- Addiction to nicotine can occur within a few times of use. Most kids who smoke regularly are already addicted. They may want to stop and can't.



- Tobacco costs \$4-\$8 per pack/can. If you had \$2,880 would you buy a year's worth of tobacco to be able to use a pack/can per day? What else could you buy?

Sources: www.cdc.gov • U.S. Department of Health and Human Services. Preventing Tobacco Use Among Young People; A Report of the Surgeon General (1994).