

Smoking Fact Sheet

Tobacco

- Tobacco kills more than any other substance – 430,000 tobacco users die each year in the US.
- The average smoker spends \$4,000 per year on tobacco products.
- Cigarette smoke contains over 4,000 chemicals, including 43 known cancer causing compounds and 400 other toxins.
- Short term effects of tobacco use include: bad breath, smoke/tar in hair and clothes, yellow and brown stains on teeth,
- Long term effects of tobacco use include: high blood pressure, heart attacks, cancer (lungs, mouth, throat), emphysema, COPD, gum and tooth loss, chronic bronchitis, stomach ulcers, strokes, diabetes, and death.
- Nicotine, a highly addictive chemical, is found in ALL tobacco products.

Vaping/E-cig

- E-cigarettes release an aerosol that can contain cancer causing chemicals.
- E-cigarettes can still contain nicotine.
- Nicotine deposits on most indoor surfaces and lasts for weeks to months.
- Teen e-cigarette users are more likely to start smoking traditional cigarettes (up to 30% more likely according to one study).
- Different e-liquids may contain dangerous solvents and chemicals –including formaldehyde.
- The aerosol vapor produced by e-cigarettes gets into the tiny airways in your lungs which could result in breathing problems.
- Diacetyl is present in some e-juices which is linked to “popcorn lung”.

Marijuana

- Marijuana is a mind-altering (psychoactive) drug.
- Marijuana contains over 400 chemicals.
- Short term effects of marijuana use may include: problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination.
- High doses of marijuana can result in mental confusion, panic reactions, and hallucinations.
- Researchers have found an association between marijuana use and an increased risk of depression.

<https://www.cdc.gov/nccdphp>

<https://www.cdc.gov/tobacco>

https://www.dea.gov/druginfo/drug_data_sheets/marijuana.pdf