

## *What Are The Facts About Smoking?*

- Tobacco is the single greatest cause of preventable death globally.
- Smoking has caused over 100 million deaths over the 20th century.
- Smoke causes many genetic mutations / Birth defects
- Tobacco is a significant factor in miscarriages among pregnant smokers.
- Impotence is approximately 85% higher in male smokers.
- Smoking is a key factor causing erectile dysfunction.
- People who have smoked tobacco at some point have a 1 in 10 chance of developing lung cancer during their lifetime.
- Smokers are 3 times as likely to die before the age of 60-70.
- Second-hand smoke has been estimated to cause 38,000 deaths per year, which 3,400 are deaths from lung cancer in non-smokers.
- People under 40 are 5 times more likely to have a heart attack if they smoke.
- Smoking is harmful to the ovaries, potentially causing female infertility.
- Smokers are 60% more likely to be infertile than non-smokers.
- Women who smoke have about a 50% higher chance of giving birth to a child with behavioral disorders, such as ADD (Attention Deficit Disorder).

## *How Do I Quit?*

### **Five Key Points For Quitting Smoking**

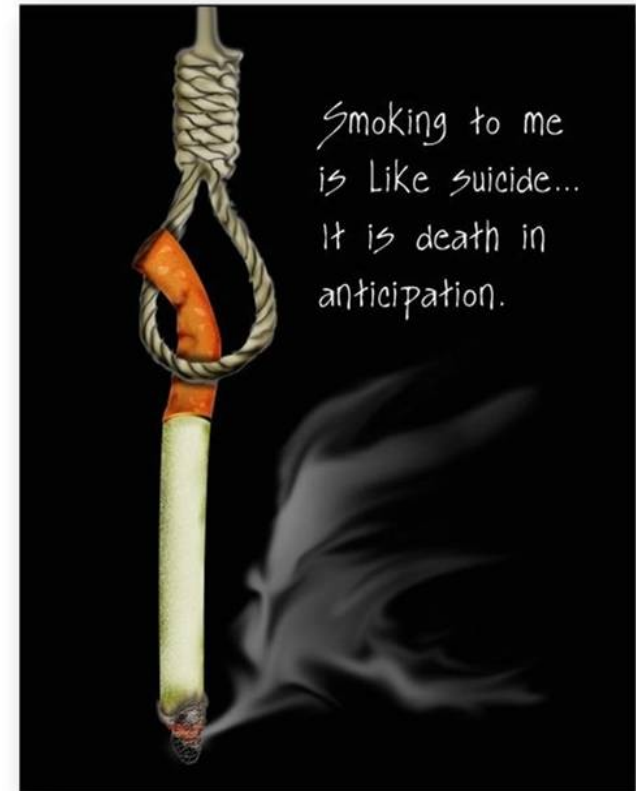
1. Get Ready
  - Set a date
  - Get rid of all the cigarettes
  - Once you quit, don't smoke!
2. Get Support and Encouragement
  - Tell your family and friends
  - Talk to a doctor
  - Get counseling
3. Learn New Skills and Behaviors
  - Try to distract yourself from urges to smoke
  - Do something to reduce stress
  - Drink a lot of water
4. Get Medications
  - Nicotine Gum
  - Nicotine Patch
  - Nicotine Lozenge
5. Be Prepared for Relapse
  - Avoid Alcohol / Other Smokers
  - For more information in quitting, call 1-800-QUIT-NOW or visit [www.smokefree.gov](http://www.smokefree.gov)

**“A year after quitting, the risk of contracting a heart disease is half”**

## *THE DARK*

### *SIDE OF*

### *SMOKING*



*BY:*  
*EMT CLASS*

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## What Am I Putting Into my Body?



### Cigarettes Contain The Following:

1. **Cadmium** - It's the acid that batteries have inside.
2. **Stearic Acid** - It's taken out of Candle Wax.
3. **Hexamine** - It's taken out of the Barbecue Lighter.
4. **Toluene** - It's an Industrial Solvent very bad chemical.
5. **Nicotine** - The bug Insecticide are the ones that contain Nicotine.
6. **Ammonia** - Chemicals we use to clean the toilet contain Ammonia.
7. **Acetic Acid** - This acid is commonly vinegar.
8. **Methane** - This type of gas is found in the sewers.
9. **Arsenic** - it's a very dangerous poison when inhaled.
10. **Carbon Monoxide** - Too much of this gas will eventually kill you.
11. **Methanol** - This is what they use as Rocket fuel.
12. **Paint** - Its what the filter is made of residues of Paint.

## What Am I Doing To My Body?

- Causes **Cancer** in the lungs, throat, mouth, breast, gallbladder, small intestines etc.
- **COPD** (Chronic Obstructive Pulmonary Disease)
- **Cardiovascular Problems**
- **Renal Damage**
- **Impotence**
- **And Much More**

## To my Body?

- **Lung Cancer**
- **COPD**
- **Causes ADD** (Attention Deficit Disorder) **In Kids**
- **Chronic Headaches**

## To My Baby's Body

- **Premature Birth**
- **Low Birth Weight**
- **Increases By 3 Times the Chance of SIDS** (Sudden Infant Death Syndrome)
- **Increases the Chance of Accidental Asphyxiation**
- **Increases by 50% the Chance of Giving Birth to a Child with Behavioral Disorder**
- **Other Prenatal Diseases**