

FAMILY HEALTH HANDOUT: DENTAL THE TRUTH ABOUT TOBACCO

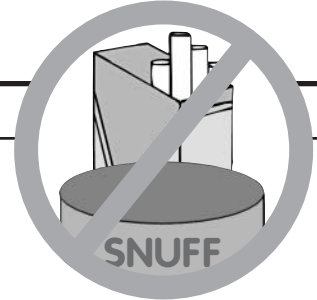


HEALTH CHALLENGE

Be 100% tobacco-free for healthy mouth and body.



**STICK IT UP!
PUT THIS BY
YOUR PHONE AS
A REMINDER TO BE
100% TOBACCO-
FREE FOR HEALTHY
MOUTH AND BODY.**



TAKE THIS QUIZ TO FIND THE TRUTH ABOUT TOBACCO

1. Smoking is harmful only if you smoke for a long time – 20 to 30 years or more.
 True False
2. If you smoke a pack a day for one year, it will cost you about:
 \$150 \$1,000 \$1,500 \$3,000
3. Nicotine in tobacco is highly addictive.
 True False
4. Spit tobacco is a safe and nonaddictive alternative to cigarettes.
 True False
5. Which of these chemicals are found in cigarette smoke?
 ammonia (used to clean toilets)
 cyanide (used to kill rats)
 formaldehyde (used to preserve dead frogs)
 all of the above
6. More than 80 percent of smokers start before they turn:
 18 years old 21 years old 25 years old
7. How many young people become new smokers each day?
 1,000 2,000 3,000
8. Tobacco kills more people each year than which of the following causes of death:
 illegal drugs car accidents AIDS
 All of the above
9. Within 2 days of quitting smoking, your sense of taste and smell are greatly improved.
 True False
10. What is the number 1 source of pollution on California beaches?
 oil slicks hospital waste cigarette butts

(ANSWERS ON THE BACK)



FAMILY HEALTH HANDOUT: DENTAL

THE TRUTH ABOUT TOBACCO



CHECK YOUR ANSWERS:

1. **False.**

- Smoking damage happens almost instantly.
- Teen smokers cough and wheeze more.
- They make more phlegm (yuck!).
- They have smaller lungs and weaker hearts.
- They do worse in sports and fitness tests.
- They get sick and miss school more often.

2. **\$1,000.**

- It will cost you about \$1,000 a year if you smoke 1 pack of cigarettes each day.
- What could YOU do with that money instead?

3. **True.**

- About two-thirds of young smokers say they want to quit smoking.
- Most young smokers wish they never started.

4. **False.**

- Chewing tobacco and snuff are not a safe and nonaddictive alternative to cigarettes.
- They can cause bleeding, mouth sores, yellow teeth, and bad breath.
- One "dip" can have as much nicotine as several cigarettes.

5. **All of the above.**

- More than 4,000 chemicals are in cigarette smoke.

6. **18 years old.**

- Be smart and don't waste your time, money, and health trying tobacco products.

7. **3,000.**

- Each day, 6,000 young people will take their first puff on a cigarette.
- Unless we do something to stop this trend, 5 million young people who are alive today will die from using tobacco.

8. **All of the above.**

- More than 400,000 people die from smoking each year.
- That is the same as 3 jumbo jets crashing each day with no survivors.

9. **True.**

- Carbon monoxide and nicotine in the body go down.
- Heart and lungs begin to repair, breathing is easier, cough disappears.
- There is an energy boost.

10. **Cigarette butts.**

- Cigarettes harm the environment.
- Nearly 12½ acres of forest are destroyed each year to provide trees to cure tobacco.
- Secondhand smoke fills the air with deadly toxins.
- Every year, secondhand smoke kills about 430 newborns from sudden infant death syndrome, 46,000 adults from heart disease, and 3,000 from lung cancer.

