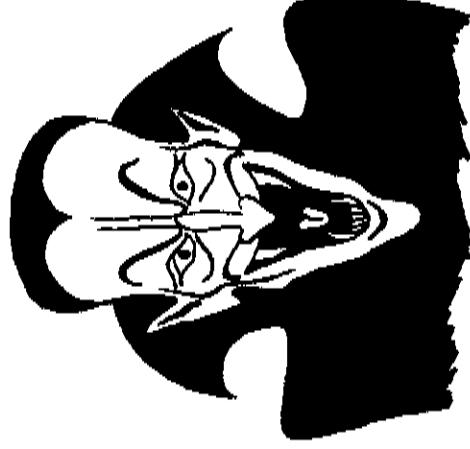


TOBACCO HORRORS

These facts may sound like they're from a science fiction movie, but all of them are 100 percent true!

- Cigarettes contain 4,000 chemicals, including 200 that are known poisons.
- Nicotine is twice as addictive as heroin.
- Cigarettes are so poisonous that if you ate an entire pack at once, it would probably kill you.
- Cigarettes fill the blood with carbon monoxide, the same poisonous smoke that comes out of a car's exhaust pipe.
- Cigarettes contain 43 ingredients that are known to cause cancer.
- Each year in the United States, smoking causes over five million years of lost life.
- Cigarettes contain arsenic, or rat poison.
- Nicotine is so poisonous that it is used in many bug and weed killers.
- Second-hand smoke fills the air with many of the same poisons found in a toxic waste dump.
- Each year in the United States, smoking kills more people than AIDS, alcohol, drug abuse, car crashes, murder, suicides, and fires...combined.
- The average pack-a-day smoker breathes in seven pounds of tar during his or her lifetime.
- Teenagers who smoke produce phlegm more than twice as often as non-smoking teenagers.
- In a crowded restaurant, second-hand smoke can produce six times more pollution than a busy highway.



NOW, NOT LATER

We hear a lot about the long-term dangers of smoking, but the short-term effects are no picnic either. Every symptom listed below can happen after smoking just a few cigarettes in a few weeks.

- ashtray breath
- stained fingernails
- yellow teeth
- smelly hair and clothes
- burns from cigarette ashes
- dry skin with a pale or grayish color
- pimples on the gums and tongue
- hacking cough
- plugs of phlegm in the lungs and throat
- frequent colds
- greater risk of flu and pneumonia
- decreased ability to taste and smell
- increase in heart rate and blood pressure
- trouble exercising or playing sports
- sore throat
- mood swings related to nicotine cravings



GROSS

