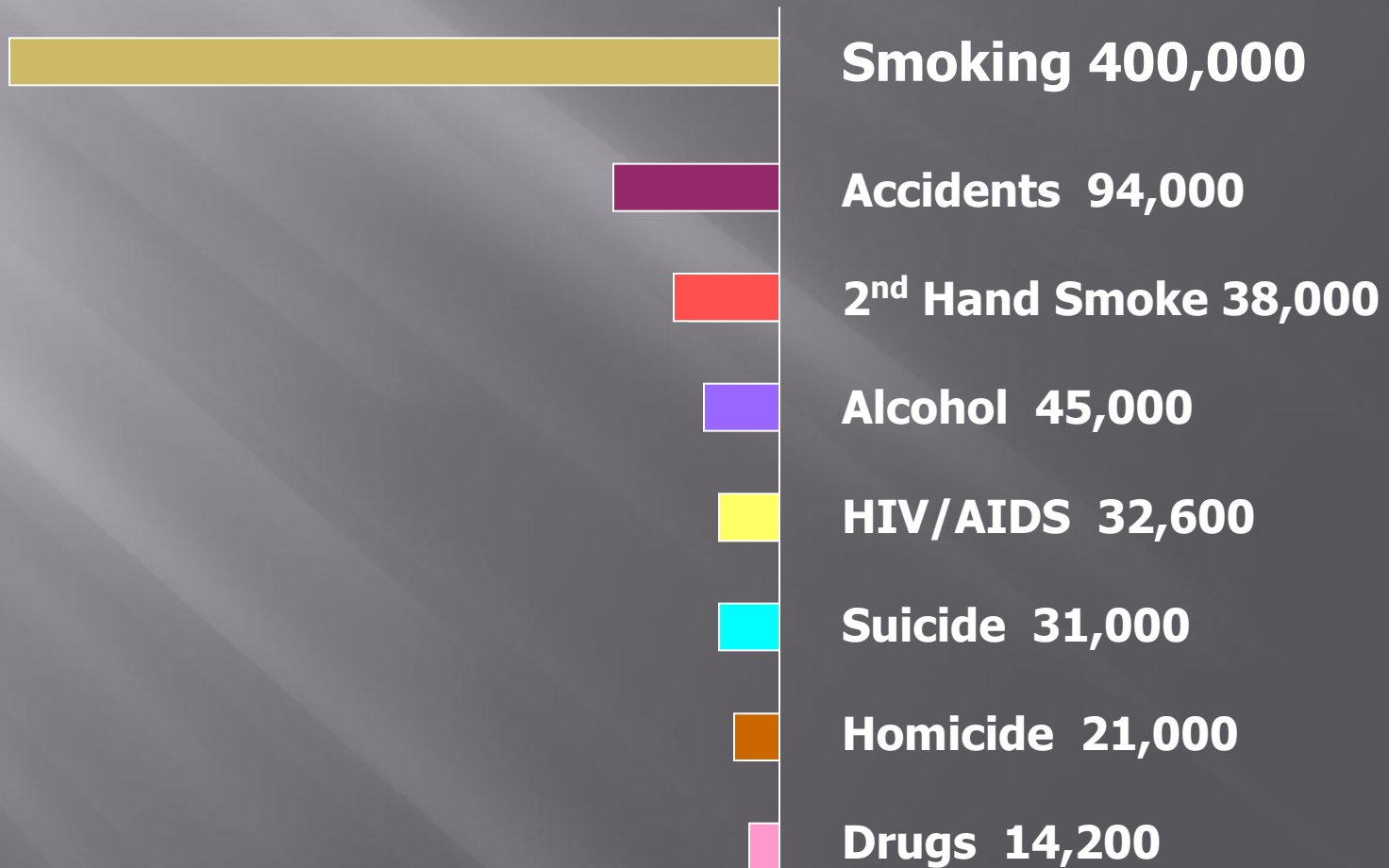


Purpose of presentation: to present some information on the consequences of using tobacco and to talk about why people use tobacco. The goal of this presentation is not to judge anyone about using tobacco. We know that it is a personal decision that everyone needs to make themselves.

- ▣ Tobacco use is the single largest cause of preventable premature death in the world
 - ▣ and exposure to environmental tobacco smoke
 - ▣ (ETS) is a preventable cause of significant morbidity
 - ▣ and mortality.

Consequences of Tobacco-Use: Preventable Causes of Death



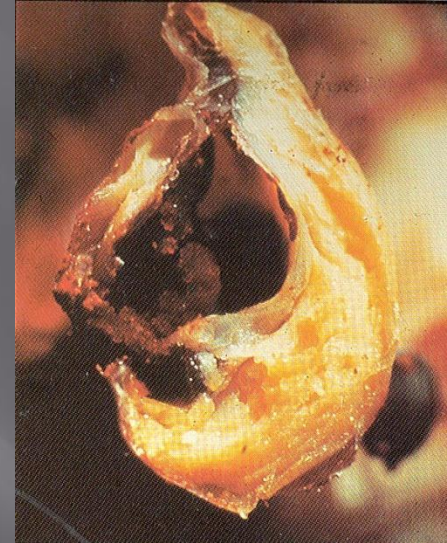
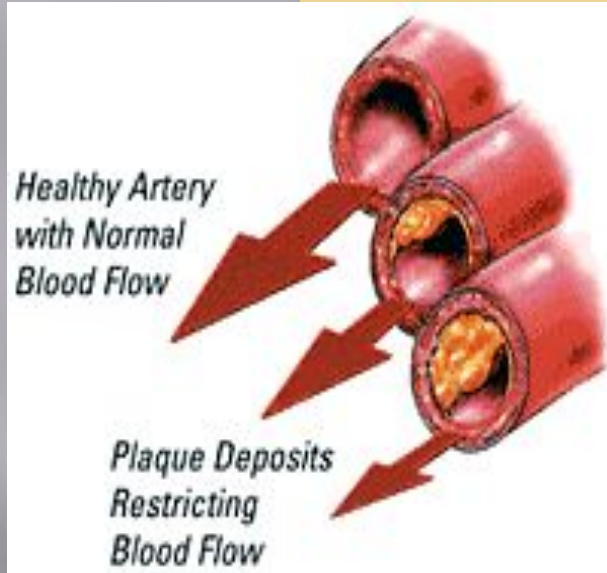
What are the tobacco-related diseases that are contributing to all these deaths?

Tobacco use: The single largest cause of preventable death.

THE ABC'S OF SMOKING



Arteriosclerosis & Atherosclerosis:

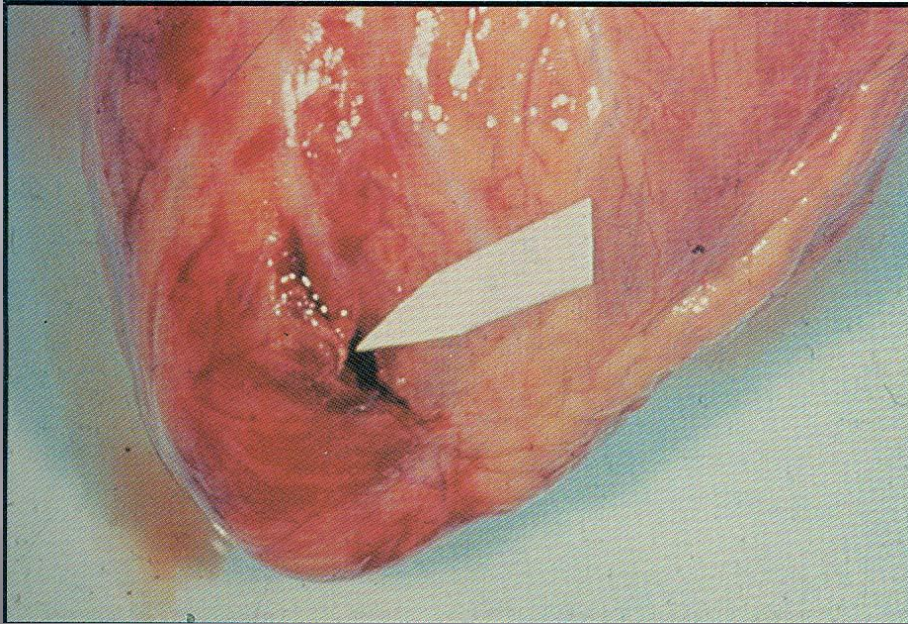


Healthy artery



Damaged artery

Heart Attack:

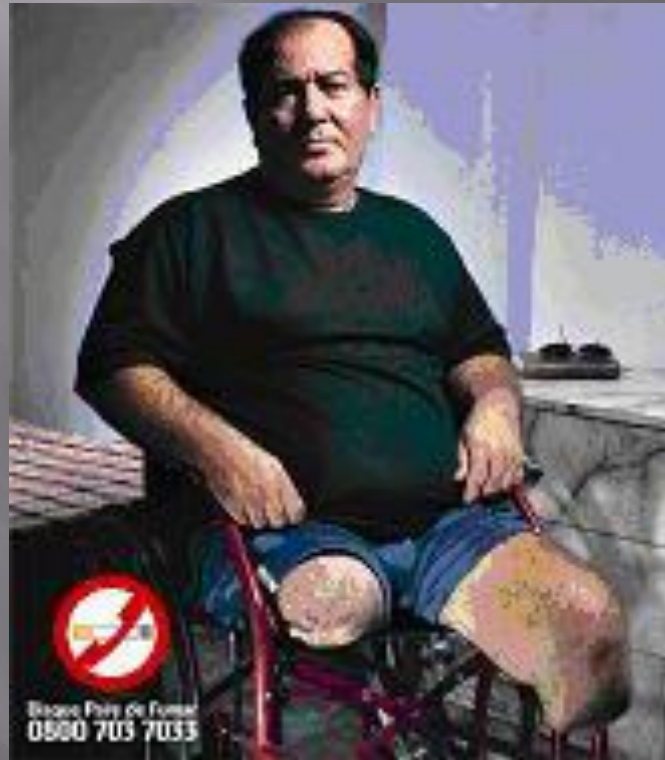


Smokers are twice as likely as Nonsmokers to have a heart attack

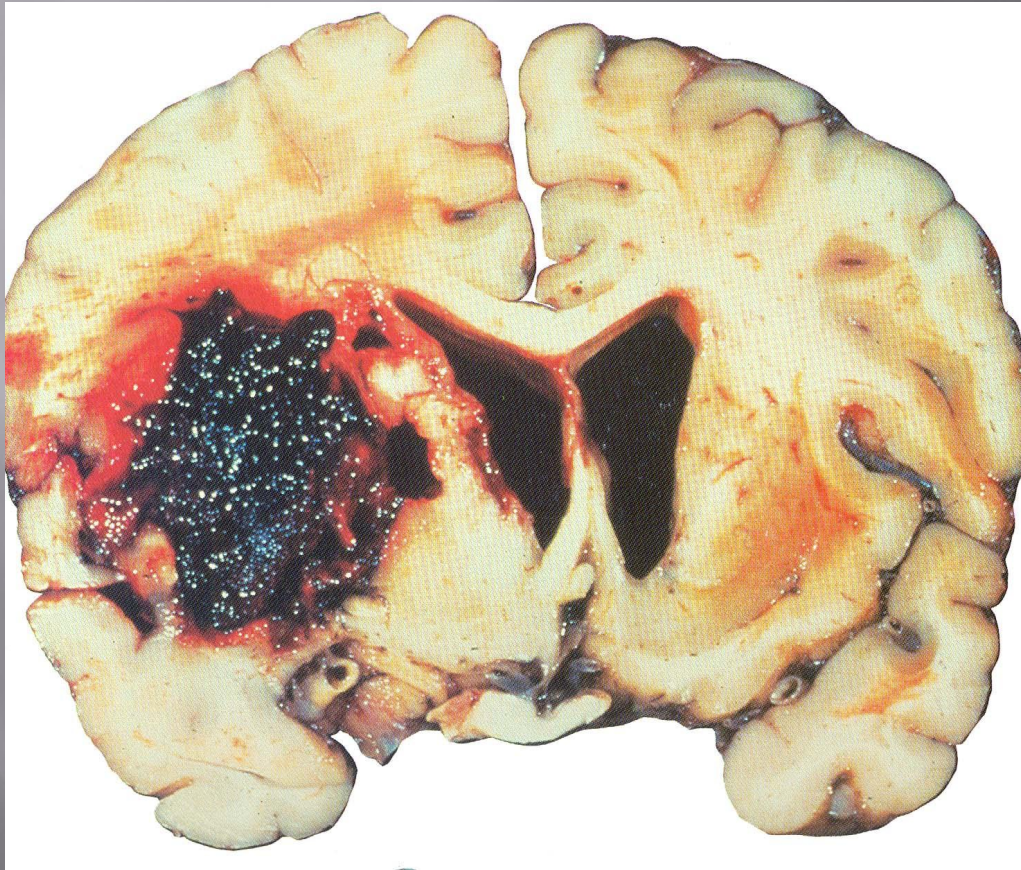
Quitting smoking rapidly reduces the risk of coronary heart disease

Torn heart wall: Result of over-worked heart muscle

Peripheral Vascular Disease



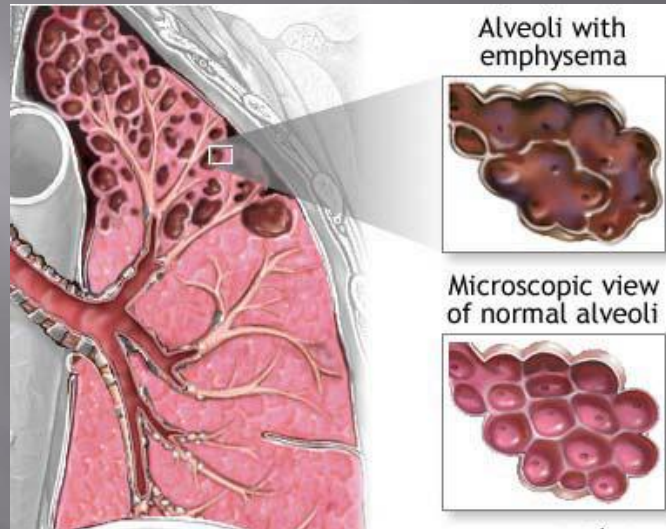
Stroke:



This brain shows stroke damage, which can cause death or severe mental or physical disability

Emphysema:

Healthy lung



Emphysematic lung

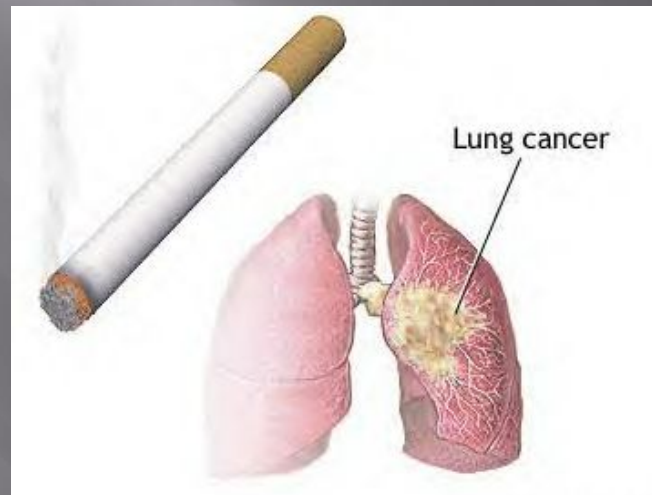


Symptoms Include

- ★ Shortness of breath
- ★ Chronic cough
- ★ Wheezing
- ★ Anxiety
- ★ Weight loss
- ★ Ankle, feet and leg swelling
- ★ fatigue

Lung Cancer:

The uncontrolled growth of abnormal cells in one or both lungs

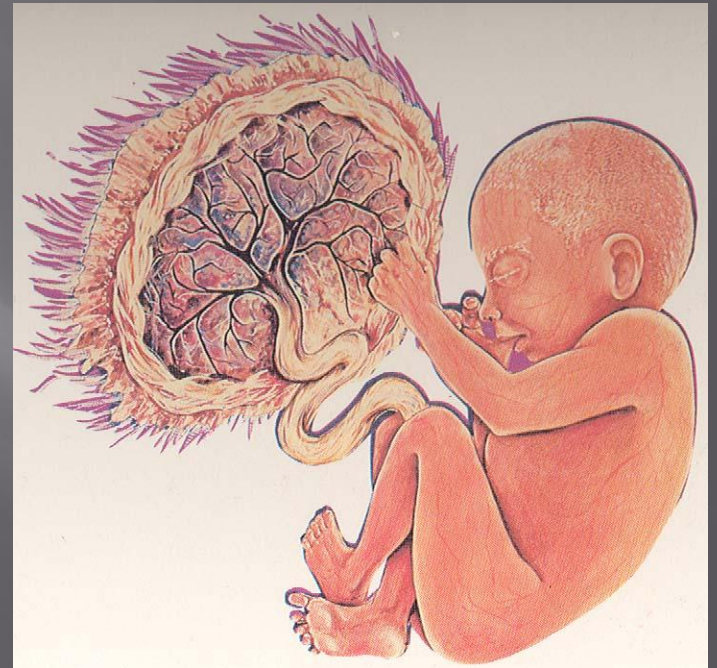


Lung cancer kills more people than any other type of cancer

Fetal Damage:

Fetal Smoking Syndrome:

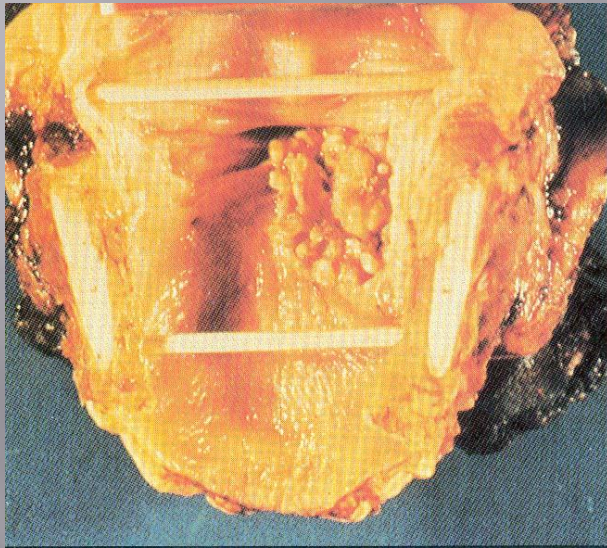
- *Birth defects*
- *Premature stillbirth*
- *Low birthweight*
- *Prone to Sudden Infant Death Syndrome*
- *Lowered immune capacity*



Laryngeal Cancer

Symptoms:

- *Persistent hoarseness*
- *Chronic sore throat*
- *Painful swallowing*
 - *Pain in the ear*
- *Lump in the neck*



Over 80% of deaths from laryngeal cancer are linked to smoking

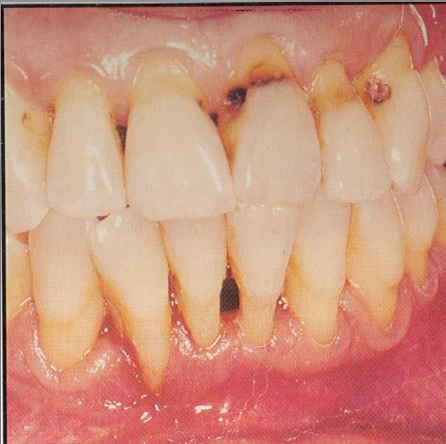
ORAL PROBLEMS:

Common Consequences:



Above: Cavities

Below: Gingivitis



- *Stained teeth*
- *Gum inflammation*
- *Black hairy tongue*
- *Oral cancer*
- *Delayed healing of the gums*

Overall poor oral health

Secondhand smoke:



He has his daddy's eyes
and his momma's lungs.

Secondhand Smoke Kills.

If smoking is so bad for us, why do we start?

THE PERFECT MIX



Milds Kings, 11 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method. Actual deliveries will vary based on how you hold and smoke your cigarette. For more product information, visit our website at www.brownandwilliamson.com

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Tobacco Myths

- ▣ *Myth: Clove cigarettes are less harmful than regular cigarettes.*
- ▣ *Myth: Cigars are safe*
- ▣ *Myth: It's OK to smoke as long as it's a "natural" cigarette*

Conclusion: All tobacco products are addictive

(which takes your independence away), cause cancer, and harm non-smokers all around you. The average tobacco user is addicted for seven years before they can finally kick this enslaving habit!