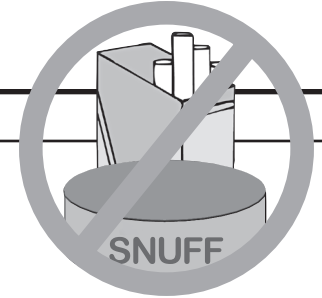


FAMILY HEALTH HANDOUT: DENTAL THE TRUTH ABOUT TOBACCO



HEALTH CHALLENGE

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



TAKE THIS QUIZ TO FIND THE TRUTH ABOUT TOBACCO

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



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

(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.

