

smokestoppers

TOP TEN STATISTICS ABOUT TOBACCO and the TOP TEN REASONS TO QUIT SMOKING!

- 30% of all cancer deaths are caused by tobacco; and 1,200 people die each day from tobacco use.
- Lung cancer is the biggest cancer killer of both men and women.
- Smoking is the biggest risk for sudden heart attacks; those smokers are more likely to die within 1 hour than nonsmokers.
- A person who smokes a pack a day lives on average 13-14 years less than someone who never smoked.
- Cigarettes are a “toxic soup,” containing 7,000 chemical compounds, of which more than 70 are known carcinogens. Some chemicals in cigarettes: formaldehyde, rat poison, urea (toxic waste in human urine), benzene, lead, ammonia, polonium-210 a radioactive poison, lighter fluid, paint thinner, pvc.
- Secondhand smoke is now known as a human carcinogen. It contains more than 250 toxic and 69 cancer-causing chemical compounds.
- More than 21 million young children in the U.S. are exposed to secondhand smoke.
- Smoking 1 large cigar for 1 hour = smoking 1 pack of cigarettes.
- 80% of adult smokers began before age 18.
- 45 million adults in the U.S. smoke (that's 1 in 5 adults.)