

# Get Smart. Don't Start

Cigarette smoking harms nearly every organ of the body and causes many diseases. Every year in the U.S., more than 480,000 people die from tobacco use and exposure to secondhand smoke, making it the leading cause of preventable death in this country. Tragically, each day thousands of kids still pick up tobacco for the first time.

## Did You Know?

Teenagers who smoke are 3 times more likely to use alcohol, 8 times more likely to smoke marijuana, and 22 times more likely to use cocaine.

Every cigarette you smoke reduces your expected life span by 11 minutes.

Even people who smoke less than 5 cigarettes a day can have early signs of heart disease.

On average, smokers die 13 to 14 years earlier than nonsmokers.

Smoking causes more deaths each year than the following combined:

- HIV
- Illegal Drug Use
- Alcohol Use
- Car Accidents
- Gun violence

For more information please contact:

[www.FrederickCountyMD.gov/FCHD/TobaccoFree](http://www.FrederickCountyMD.gov/FCHD/TobaccoFree)  
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## Cigarettes & Your Health

As we age, our bodies are at an increased risk for many diseases that come naturally, however smokers are at greater risks for these diseases:

Smokers are at greater risks for diseases that affect the heart and blood vessels

Smoking can cause lung disease

Smoking can cause cancer almost everywhere in your body

Smoking can also affect men's sperm

Smoking is a cause of type 2 diabetes and can make it harder to control

## Dangers of Nicotine

Nicotine is one of the most heavily used addictive drugs in the United States. Nicotine is the primary component of tobacco, and is the primary reason that tobacco is addictive.

## The New Target of Tobacco Companies

You may think that tobacco companies have stopped marketing their deadly and addictive products to young people, but they haven't. In fact, Big Tobacco is constantly searching for new ways to make tobacco look appealing. This is done by creating appealing packaging and flavors that target the younger generation, so they can "replace" the older generation who dies from using their harmful products.

## Middle and High School Cigarette Smokers in Frederick County

According to the 2014 Youth Risk Behavior Survey (YRBS),

1.8% of middle schoolers in Frederick County currently smoke cigarettes.

10.1% of high schoolers in Frederick County currently smoke cigarettes.

**Good News! This means that 94% of middle and high school students chose not to smoke cigarettes.**



## What's in a Cigarette?

According to the American Lung Association, there are approximately 600 ingredients in cigarettes. When burned, they create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous. **Here are a few of the chemicals in cigarettes and other places they are found:**

- Acetone**-found in nail polish remover
- Acetic Acid**-an ingredient in hair dye
- Ammonia**-common household cleaner
- Arsenic**-used in rat poison
- Butane**-used in lighter fluid
- Cadmium**-found in battery acid
- Carbon Monoxide**-car exhaust fumes
- Formaldehyde**-embalming fluid
- Lead**-used in batteries
- Methanol**-component of rocket fuel
- Nicotine**- used as insecticide
- Tar**-material for paving roads
- Toluene**-used to manufacture paint



**Sources:** BeTobaccoFree.gov, Centers for Disease Control and Prevention (CDC), DoSomething.org, Partnership For a Tobacco Free Maine, TobaccoFreeCA, U.S. Department of Health and Human Services (HHS)