Cigarette Smoking Fact sheet

Why is tobacco addictive?

Cigarettes addict easily because of nicotine. Nicotine is a chemical in tobacco that makes you feel different. Many smokers want to stop smoking but it is hard to quit. Nicotine is so addictive that many people continue to smoke even when smokers KNOW they may die if they keep smoking. --- www.tobaccofacts.org

Smoking causes cancer and heart disease. People who smoke can lose 14 or more years of life. People who smoke a pack of cigarettes every day pay about $1,000 a year for cigarettes—expensive! If people know these things, why do they still smoke? Because of addiction. --- www.kidshealth.org

Facts from Centers for Disease Control and Prevention (www.cdc.gov)

- Cigarette smoking is leading kill cause of death in United States that we CAN stop by choice.
- Cigarette smoking is responsible for one out of every five deaths in the United States.
- Every year 38,000 people die because of secondhand smoke caused by cigarette smokers.
- On average, people who smoke lose 13 to 14 years of life. Non-smokers live longer.
- If you stop smoking everything becomes better for you! You will discover more energy, better performance, better looks, more money saved, and a longer life to live! www.kidshealth.org

Most smokers try to quit three or four times before they FINALLY quit. Relapse is NORMAL, and it does not mean failure. Relapse is part of the process of quitting smoking! – www.tobaccofacts.org.

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