

FACTS ABOUT SMOKING CIGARETTES

Smoking, drinking and using drugs is a conscious choice until you become addicted and you are no longer in control of your behavior. One out of every five people will die from a smoking-related illness. The younger you start smoking, the chances of addiction are increased. People who smoke are constantly getting sick because the carcinogens in cigarettes break down your immune system. Ninety percent of deaths from cancer are from smoking. You do not have to be old to get cancer from smoking. Every person's body chemistry is different. You could smoke for five years and have a serious or lethal smoking related illness or you could be the one to smoke all of your life and never get sick. There is no way to tell, so there is no reason to risk your life by smoking.

When you smoke, your skin looks terrible; dry and wrinkled. You age prematurely because of skin damage. Your skin turns a yellowish color and many people have dark circles under their eyes. The pores in your skin become enlarged. The white areas in your eyes and your teeth become yellowed. Your breath smells awful. Your hair and nails become brittle. If you are taking birth control pills and smoking, you are at a greater risk for heart disease. Smoking can damage your reproductive organs, which can lead to a complicated pregnancy, miscarriages, early menopause and reduced fertility.

There is no safe way to smoke! It is not safer to smoke without inhaling. You are putting yourself at risk for lip, mouth and tongue cancer, which is what people end up with when they smoke pipes and cigars. It is not safer to smoke lights or menthol cigarettes. You have to smoke more of them and inhale more deeply to get the same effect.

Nicotine is poison. There are over 43 cancer causing agents in nicotine. Nicotine can make you feel dizzy and nauseated. Your heart rate increases two to three beats per minute. It lowers your skin temperature and reduces the blood flow in your legs and feet, which can lead to heart disease and stroke.

Nicotine is as addictive as heroine and cocaine. It is physically and psychologically addictive. The withdrawal symptoms include: irritability, nervousness, headaches and difficulty sleeping. It affects your brain chemistry, which is why people have severe mood swings when they are trying to quit. It is not easy to quit, so don't start!

Teen Talk Line