

Quick Facts About Tobacco

Tobacco smoke is a **toxic mix** of more than 7,000 chemicals. Many are poisons. When these chemicals get deep into your body's tissues, they cause damage. Your body must fight to heal the damage each time you smoke. Over time, the damage can lead to disease.

More than **300,000 children suffer** each year from infections linked to tobacco smoke, including bronchitis, pneumonia, and ear infections. They wheeze and cough more often.

Smoking can **cause damage to every** organ in the body. This damage can lead to many types of cancer, heart disease, emphysema, stroke, pneumonia, and chronic bronchitis - to name a few.

Exposure to secondhand or third hand smoke is particularly dangerous to children. Babies who breathe secondhand smoke are more likely to die from Sudden Infant Death Syndrome (SIDS).

According to the new Surgeon Generals report, even brief exposure to tobacco smoke can change DNA. It states there is **NO safe level of exposure**. Even 'third' hand smoke is dangerous. Third hand smoke is when you can still smell the odor of tobacco smoke when there is no smoke present, as in a car the day after someone has smoked in it.



Smoking can cause cancer almost anywhere in your body.

Here are some of the cancers that researchers know smoking causes.

mouth, nose, and throat

larynx

trachea

esophagus

lungs

stomach

pancreas

kidneys and ureters

bladder

cervix

bone marrow and blood



For children with **asthma**, breathing secondhand smoke can trigger an attack. The attack can be severe enough to send a child to the hospital. Asthma can be life threatening. Nicotine is also a **highly addictive drug**. Addiction keeps people smoking even when they want to quit.

Quitting is the best thing you can do for you and your child's health. The Washington State Tobacco Quit Line is free and has people who can help you through the process of quitting. It may take several times to find what works, and to quit for good, so keep trying!

Even within 12 hours of quitting, the carbon monoxide in your body drop to normal!

Washington State Department of Health

Tobacco Quit Line

1-800-QUIT-NOW

toll-free

1-800-784-8669

QUITLINE.COM