

# CONSEQUENCES OF SMOKING IN TEENAGERS

## HEALTH CONSEQUENCES

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1. Smoking slows the growth and development of the teenage lung.
2. Causes cough and phlegm production and increases respiratory illnesses such as asthma, bronchitis and infections.
3. Increases carbon monoxide in the blood which robs the blood of oxygen.
4. Decreases athletic ability.
5. Changes fat content in blood to favor early coronary heart disease.
6. Stains the lungs black.
7. Mutates lung cells and forever increases the risk of lung cancer even if you quit smoking later on (and the younger you start smoking the greater the risk).

# **CONSEQUENCES OF SMOKING IN TEENAGERS**

## **ADDICTIVE CONSEQUENCES**

1. Addiction to nicotine can occur within a few months of use.
2. Most kids who smoke regularly are already addicted, want to stop and can't.
3. Addiction is even stronger when smoking begins at an early age.

## **COSMETIC, SOCIAL AND FINANCIAL CONSEQUENCES**

1. Smoking causes bad smelling breath, hair, hands, clothes, car and home
2. Second-hand smoke offends many people because it causes disease and it stinks.
3. Most teenagers don't smoke and don't want to be near or date kids who do.
4. At \$4/pack at 1 pack/day, it costs \$28/week, \$120/month and \$1440/year

**Pass this message on and save a life!**

Reference: US Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General (1994) and Women and Smoking: A report of the Surgeon General (2001).