

HOOKAHS ARE DANGEROUS, TOO!

A HOOKAH is a water pipe used to smoke tobacco through cooled water. Hookah tobacco is often fruit flavored, such as apple and strawberry. Over the past several years hookahs have been gaining popularity in the U.S. and, because of this, many damaging health effects are being discovered.

SHARE THE HOOKAH...SHARE THE BACTERIA...SHARE THE DAMAGE

They are 200 more times harmful than cigarettes. In a 60-minute hookah session, smokers are exposed to 100-200 times the volume of smoke inhaled from a single cigarette, increasing risk of major problems that lead to early death.

Sharing mouthpieces without sanitizing them can increase the risk of spreading:

- Oral Herpes
- Colds
- Bacterial Infections
- Tuberculosis
- Hepatitis

Even those who use their own mouthpiece are not completely free from catching communicable diseases. **The hose of the hookah harbors bacteria from each user, so you never know what diseases other hookah users have left behind for you.**

DOES THE WATER FILTER THE SMOKE?

Unfortunately, no. The water does not filter the smoke and make it free of harmful substances. Even after passing through water, tobacco smoke still contains high levels of toxic compounds, including carbon monoxide, heavy metals and cancer-causing chemicals. The smoke is merely cooled by the water and forces the smoker to inhale deeper. **Diseases, such as lung cancer, then develop deeper in the lungs.**



YOU CAN STOP SMOKING!

For help and information call...

San Luis Obispo County Public Health Department
Tobacco Control Program
805.781.5564

Statewide Cessation HELPLINE

1-(800)-NO-BUTTS or 1-(800)-662-8887

Dignity Health is committed to helping people stay well by making healthy lifestyle choices. We offer a variety of educational and outreach activities to assist; please call us!

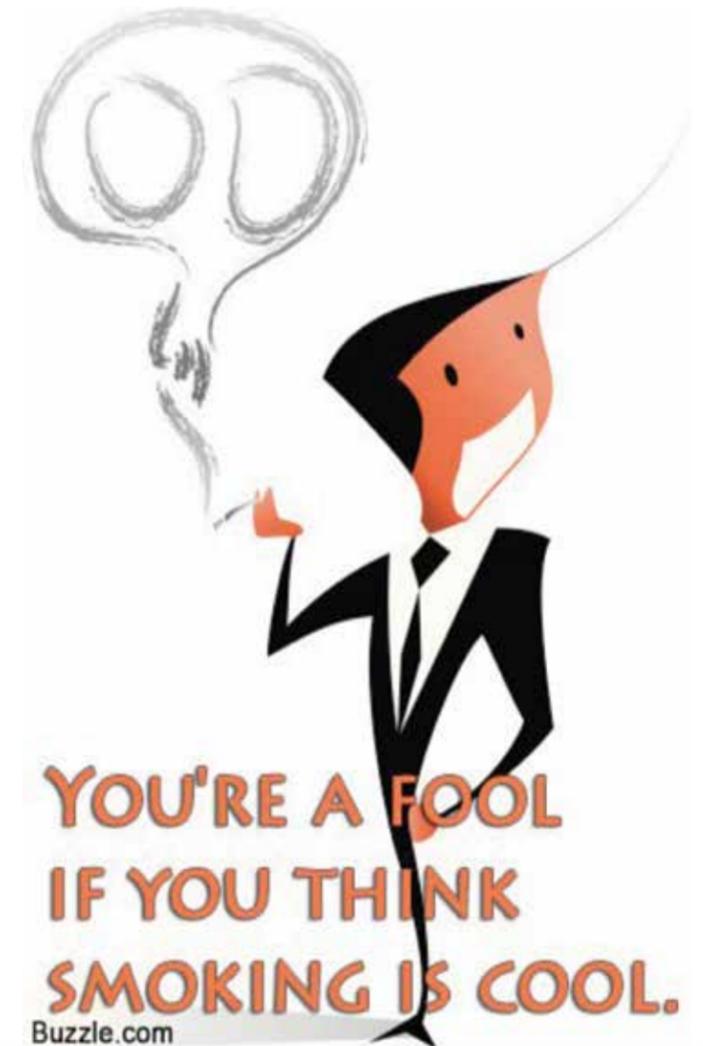
Mission Hope Cancer Center: 805.219.HOPE (4673)
Coastal Cancer Care Center: 805.481.7245
Hearst Cancer Resource Center: 805.542.6234



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IT'S UNDENIABLE: Smoking

IS THE COOLEST WAY
TO KILL YOURSELF.



When You Light a Cigarette, Your Life Burns With It.

WHY IS SMOKING UNHEALTHY?

ACCORDING TO research done by the Center for Disease Control, there are more health problems caused from tobacco use than by all deaths from HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.



Each cigarette contains about 7000 chemicals, many of which are poisonous and about 700 cause cancer. Some of the worst ones are:

- **Nicotine:** a deadly poison
- **Arsenic:** used in rat poison
- **Methane:** a component of rocket fuel
- **Ammonia:** found in floor cleaner
- **Cadmium:** used in batteries
- **Carbon Monoxide:** part of car exhaust
- **Formaldehyde:** used to preserve body tissue
- **Butane:** lighter fluid
- **Hydrogen Cyanide:** the poison used in gas chambers

Every time a person inhales smoke from a cigarette, small amounts of these chemicals enter their blood through the lungs, are transported throughout the body and cause harm. The consequences of smoking may seem very far off, but long-term health problems aren't the only hazard of smoking. Nicotine and the other toxins in cigarettes, cigars, and pipes can affect a person's body quickly, which means that teen smokers experience many negative effects.

Smoking Stinks!

Bad breath. Cigarettes leaves smokers with a condition called halitosis, or persistent bad breath.

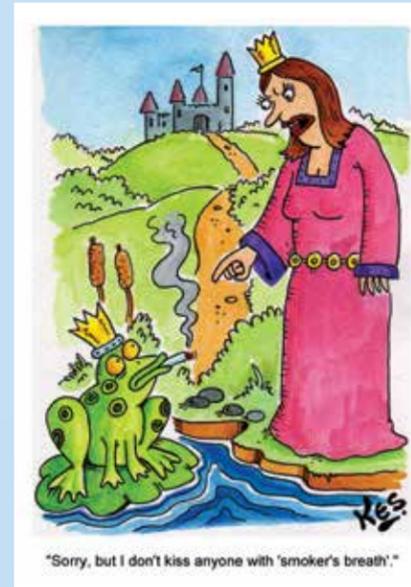
Bad-smelling clothes and hair. The smell of stale smoke tends to linger—not just on people's clothing, but on their hair, furniture, and cars. And it's often hard to get the smell of smoke out.

Bad skin. Because smoking can slow the flow of blood vessels, it can prevent oxygen and nutrients from getting to the skin—which is why smokers often appear pale and unhealthy. Studies have also linked smoking to an increased risk of getting psoriasis, a type of skin rash.

Reduced athletic performance. People who smoke usually can't compete with nonsmoking peers because the physical effects of smoking (like rapid heartbeat, decreased circulation, and shortness of breath) impair sports performance.

Greater risk of injury and slower healing time. Smoking affects the body's ability to produce collagen, so common sports injuries, such as damage to tendons and ligaments, will heal more slowly in smokers than nonsmokers.

Increased risk of illness. Studies show that smokers get more colds, flu, bronchitis, and pneumonia than nonsmokers. And people with certain health conditions, like asthma, become more sick if they smoke (and often if they're just around people who smoke). Because teens who smoke as a way to manage weight often light up instead of eating, their bodies also lack the nutrients they need to grow, develop, and fight off illness properly.



TEEN SMOKERS ... YOLO, right?

(YOU ONLY LIVE ONCE)

Here are some
reasons to quit
sooner
rather than
later:



FACT #1

Most teens would rather date a non-smoker.

FACT #2

You only have one pair of lungs. Any damage you do to them now will be with you for the rest of your life.

FACT #3

You'll save money if you quit smoking. A pack of cigarettes in the U.S. costs over \$9.00. Even if you only smoke a couple packs a week, you're spending about \$100.00 per month and \$1,200.00 per year on smoking. Think of all the other things you could use that money for.

FACT #4

The longer you smoke, the better your chances are of dying from it. One out of three smokers die from smoking and many more become very sick. Think about your friends who smoke; one third of them will die from smoking if none of you quit.

