

SMU WellFacts

Smoking



Behind the Smoke

Smoking harms nearly every organ in the body and causes numerous diseases and conditions like heart disease cancer, stroke, gum disease, and diabetes

Smoking causes....

480,000 Deaths
in the U.S. every year



WHAT'S INSIDE?

<u>Ingredient</u>	<u>Also found in...</u>
Acetone	Nail Polish Remover
Cadmium	Battery Acid
Benzene	Rubber Cement
Arsenic	Rat Poison
Carbon Monoxide	Car Exhaust
Tar	Road Pavement
Hexamine	Lighter Fluid



Smoking a pack a day can cost you over \$9,000 each year



Smoking increases the risk for gum disease and turns teeth yellow in color



Smoking contributes to 87% of lung cancer deaths in the United States

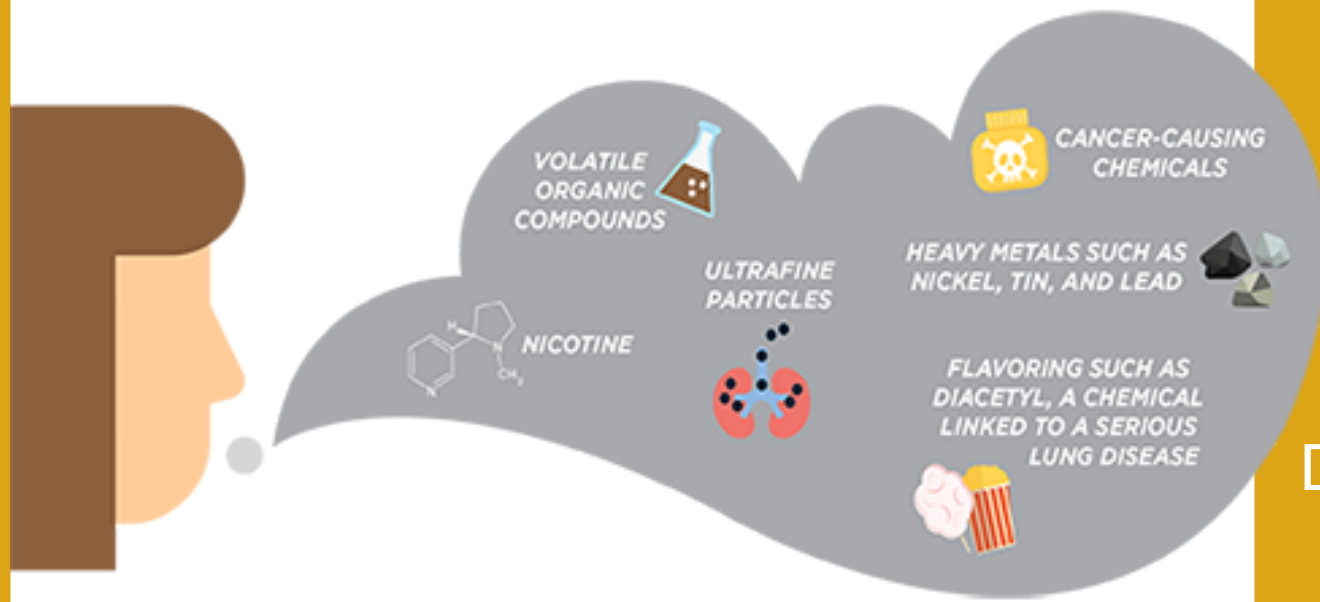


On average, smokers die 10 years earlier than non-smokers

Myth: E-cigs are safe to use

Nicotine

Nicotine is a powerful and addictive drug which can affect brain development



Toxic Chemicals

- Formaldehyde (preservative)
- Benzene (car exhaust)
- Diacetyl (linked to lung disease)
- Heavy Metals

E-cigarette usage among individuals ages 18-24 tripled between 2013 and 2014

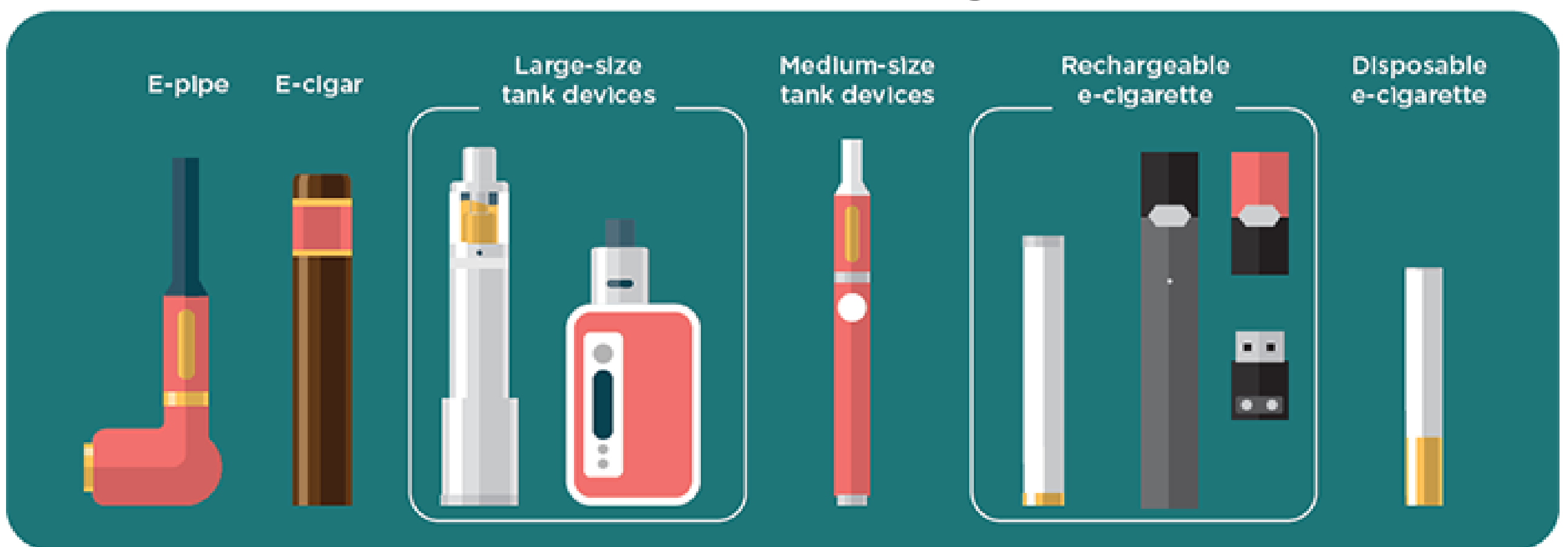
Poison Center calls involving e-cigarettes rose by over 200 per month between 2010 and 2014

Brain development continues into a person's mid-late 20s



E-cigs disrupt brain development which can lead to attention, learning, and mood disorders

Common types of e-cigarettes



SMU Resources

Substance Abuse Prevention Services
jmcutch@smu.edu

Recovery & Support
bmajorie@smu.edu

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