

TOBACCO-WISE

Fact Sheet



Commercial Tobacco Use is linked to

Cancer:

- Lung
- Bladder
- Esophagus
- Pancreas
- Liver
- Colorectal
- Mouth
- Cervix
- Kidney
- Stomach

Cardiovascular Diseases:

- Heart attacks
- Stroke
- Aortic aneurysm

Respiratory Diseases:

- Emphysema
- Chronic bronchitis
- Asthmatic bronchitis

**Smoking
kills 36 people
everyday in
Ontario**

Short-term effects of commercial tobacco use:

- Shortness of breath
- Coughing
- Increased heart rate
- Decreased levels of physical fitness

Youth commercial tobacco use is cause for concern:

- Commercial tobacco use often leads to involvement in other risky behaviour, such as drug use
- The younger people are when they begin to smoke, the more likely they are to smoke as adults
- Young people start to smoke at all ages – from their pre-teen years into their early twenties

The benefits of quitting begin right away

- Decreased blood pressure
- Improved circulation
- Decreased chance of heart attack
- Improved lung function
- Increased energy levels
- For more information call Smokers' Helpline: **1-877-513-5333**

Community Tobacco-Wise policies work!

- Tobacco-Wise policies help support people trying to quit and help to prevent youth from starting

Commercial tobacco use is the leading cause of preventable death in Aboriginal communities

Adapted from the Play, Live, Be Tobacco Free resources at www.playlivebetobaccofree.ca and Tobacco-Free Youth Sport and Recreation. How to Get There.