

# TOBACCO USE



## EFFECTS



Cancers:  
Oral, Throat , Lung,  
or Pancreas

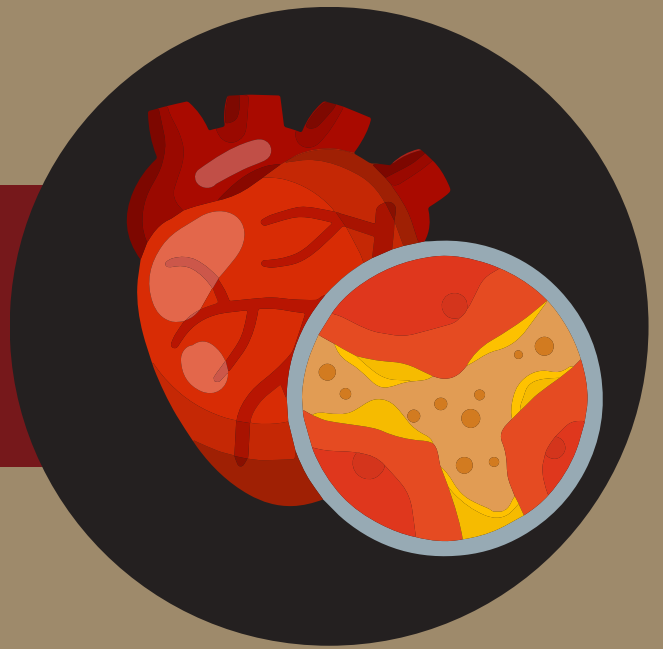


Gum Disease

Tooth Loss and  
Tooth Decay



Heart Diseases  
and Strokes



Birth Defects, Still  
Births, Early  
Delivery



**PROVIDED BY**

RMTLC Tribal Opioid Response (TOR)  
Project

[www.rmtlc.org/tribal-opioid-response/](http://www.rmtlc.org/tribal-opioid-response/)

## Cancer

Smoking weakens the immune system.

According to the American Cancer Society, smoking causes about 20% of all cancers, and 30% of all cancer deaths in the United States.

## Gum Disease and Tooth loss

Cigarette smoke causes an infection of the gums. The CDC reports that "over 40% of adults aged 20 to 64 who currently smoke cigarettes have untreated tooth decay."

## Heart Diseases and Strokes

**Heart diseases** includes several types of heart conditions. Coronary Heart Disease is the most common.

**Strokes** occur when blood supply is cut to the brain – can cause memory loss, paralysis, etc.

## Birth Defects, Still Births, Early Delivery

Smoking causes stunted growth in the womb as well as development of the lungs, brain, etc. It can cause a cleft lip, cleft palate, increases high risk birth complications, and increases the risk for SIDS.

For more information please visit <https://www.cancer.org/healthy/stay-away-from-tobacco/health-risks-of-tobacco/health-risks-of-smoking-tobacco.html><https://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html>

## RESOURCES

**1-800-QUIT-NOW (1-800-784-8669)**

or

**1-855-5AI-QUIT (1-855-524-7848)**

