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/
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.

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.

RESOURCES
1-800-QUIT-NOW (1-800-784-8669) or 1-855-5AI-QUIT (1-855-524-7848)