Consequences

Addiction

Anyone who uses tobacco is at risk of becoming addicted. For some people, nicotine dependence occurs almost as soon as use begins, with some users exhibiting signs of dependence with only occasional or monthly use. (AAP) This is possibly due to genetic factors that influence how the brain responds to nicotine. (MAYO)

<table>
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<th>Teens and Tobacco</th>
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<td>• Teens are more easily addicted than adults. (Surgeon General)</td>
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<td>• Nicotine exposure at an early age causes complex changes in the brain that make teens more vulnerable to alcohol abuse, and marijuana, cocaine and heroin use. (CASA)</td>
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<td>• Teens who smoke are more likely to suffer from depression, anxiety, panic attacks, anxiety, and post-traumatic stress disorder. (CASA)</td>
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In Florida, 369,000 youth now under age 18 will die prematurely from tobacco use. (Trends in Tobacco Use)

Disease, Disability, and Death

About half of all smokers will die prematurely from smoking-related causes. (CDC) On average, smokers die 13-14 years earlier than nonsmokers. (CDC).

- Annually, tobacco causes more deaths in the US (443,000 per year) than AIDS, unintentional injuries, suicide, homicide, and alcohol and drug abuse combined. (SAMHSA)
- Nearly one-third of all cancer deaths every year are directly linked to smoking. Smoking causes 85% of lung cancers in the U.S. (Surgeon General)
- Smoking causes heart disease, stroke, and lung diseases; weakens the immune system; and exacerbates complications of diabetes (Surgeon General).

Even occasional smoking causes harm. (CDC)

Second-hand Smoke:

- Causes an estimated 46,000 deaths from heart disease and 3,400 from lung cancer each year in the United States among nonsmokers. (CDC)
- Increases the chances a non-smoker will develop heart disease by 25-30% and lung cancer by 20-30%. (Surgeon General)
- Causes sudden infant death syndrome, acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children; it also affects lung development. (CDC)

*There is no safe level of secondhand smoke exposure. Even brief exposure can be dangerous.* (CDC)

**Pregnancy and Breastfeeding**

*If you are pregnant, or plan to become pregnant, stop smoking now to reduce the harm to you and your baby.*

- Smoking during pregnancy increases the risk for ectopic pregnancy, miscarriage, stillbirth, premature delivery, low birth weight, and sudden infant death syndrome. (CDC) (Surgeon General)
- Nicotine in breast milk disrupts infants’ sleep patterns. (Monell)

Read more:

- Smokefree Women