



TOBACCO FACT SHEET

- Tobacco causes more deaths each year than HIV/AIDS, drugs, alcohol, car accidents, murders, and suicides **COMBINED**.
- The risk of heart disease decreases the day a person quits smoking.
- Regular cigarettes, e-cigarettes, dip/chew, hookah, flavored cigars, and regular cigars, all contain nicotine—a highly addictive poisonous drug—that constricts blood vessels, speeds up the heart rate, raises a person’s blood pressure, causes damage to the central nervous system, and increases the risk of heart attacks and stroke. There is no safe form of nicotine!
- 20 minutes after a person quits smoking, his/her blood pressure will return to a more normal state.
- 8 hours after a person quits smoking, the carbon monoxide and oxygen levels in his/her body return to normal.
- Hookah smokers have a higher risk of cancers such as: lung, pancreas, larynx (voice box), and esophagus. Hookah smokers also have higher risks of heart disease, emphysema, tooth loss, heart disease, and stroke than those who do not use tobacco.
- California’s “Smoke-Free Cars with Minors” Law prohibits anyone from smoking in a motor vehicle when a minor (17 years old and younger) is present.
- 72 hours after a person quits smoking, his/her bronchial tubes relax making breathing easier.
- Approximately 3,000 non-smokers die each year from lung cancer because they inhale secondhand smoke.
- Within 3 months of quitting smoking, a person’s circulation improves and lung function improves by 30 percent.
- Tobacco causes a person’s skin to wrinkle and teeth to turn yellow, making him/her look much older at a younger age.
- Within 1-9 months of quitting smoking there is a decrease in coughing, sinus congestion, fatigue and shortness of breath.
- After 10 years of quitting smoking ex-smokers live longer than continuing smokers.

If you would like help quitting smoking, call the California Smoker’s Helpline:

- **1-800-QUIT-NOW (800-784-8669)**
- **1-800-NO-BUTTS (1-800-662-8887)**
- **1-800-NO-FUME (1-800-456-6386) - Spanish**