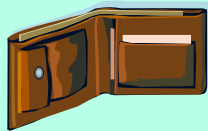


# The high cost of smoking

## Short-term Not so cool—

- Smelly clothes, hair and breath.
- Reduced athletic ability.
- Negative effect on lung growth and brain development
- Not being allowed to play school sports.
- Lower car value if you smoke in it.
- Stress on your heart, from nicotine.
- Stained teeth.
- Cracked lips and mouth sores from using chew.
- Addiction. It can be very hard to quit.
- If you become addicted, you think about, crave, and plan your day around a cigar, cigarette or pinch of chew. It affects your social life (not in a good way).
- Males: higher risk of your future children having asthma if you smoke now.
- An empty wallet when you want to buy gas or go to a movie.



## Mid-range Messes with you—in a big way!

- Expense: smoking 10 cigarettes per day costs \$80 a month (at \$5.00/pack plus tax), or \$960 per year.
- Higher medical bills and health insurance premiums.
- It may be hard to get the job you want.
- Early wrinkling, age spots and puffy eyes.
- Smoker's voice, smokers' cough, phlegm, bronchitis. More sick days.
- Higher risks to your children from secondhand or thirdhand smoke: sudden infant death syndrome, asthma, learning difficulties, bronchitis, earaches, pneumonia, etc.
- Your children more likely to become tobacco users themselves.
- Reduced sense of smell and taste.
- Reduced ability to work and play.
- Increased risk of reproductive problems: erectile dysfunction, infertility, ectopic pregnancy, stillbirth, premature birth, cleft palate birth defect.



<http://teens.drugabuse.gov/blog/post/want-look-your-best-don-t-smoke>

## Long-term The whole thing is tragic!

- Higher risks of glaucoma, osteoporosis, rheumatoid arthritis, cancer (lung, liver, breast, mouth, throat, colon, etc.), high blood pressure, emphysema, stroke, heart attack.
- Retirement years may be plagued by health problems and huge medical costs.
- Reduced time enjoying family.
- Trips to a Denver hospital instead of fun places like Cancun.
- 10 fewer years to live, on average.
- Early death, depriving family of your companionship.



**WARNING:** Cigarettes cause fatal lung disease.

Food & Drug Admin.

*"I'm kindof attached to my lungs."  
A Lincoln County teen.*

**Someone who starts smoking at age 15, and smokes 10 cigarettes a day until age 65 (if he lives that long) will smoke 7,300 packs of cigarettes, at a total cost of \$39,055 (at \$5.00 per pack + sales tax), and may spend a lot more than that on medical care and lost wages, while putting huge amounts of poisons into his/her body!**

**Quitters are winners!  
And never-starters rule!**



www.CommunityConnectionsLC.org / on Facebook at CommunityConnectionsLC. Funded by Nebraska Dept. of Health & Human Services, Tobacco Free Nebraska Program, as a result of the Tobacco Master Settlement Agreement.

Try breathing through a straw for a minute, with your nose pinched, to get an idea how it feels to have messed up lungs from smoking (If you do not already have breathing problems that prevent you from doing so safely).