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## WHAT YOU SHOULD KNOW ABOUT TOBACCO

Tobacco use hurts your health and costs you in many ways. Here are some facts about tobacco use that every child and young adult should know.

### Tobacco and Athletic Performance

- Don't get trapped. Nicotine in cigarettes, cigars, and spit tobacco is addictive.
- Nicotine narrows your blood vessels and puts added strain on your heart.
- Smoking can damage lungs and reduce oxygen available for muscles used during sports.
- Smokers suffer shortness of breath (gasp!) almost 3 times more often than nonsmokers.
- Smokers run slower and can't run as far, affecting overall athletic performance.
- Cigars and spit tobacco are NOT safe alternatives.

### Tobacco and Personal Appearance

- Yuck! Tobacco smoke can make your hair, clothes, car and room stink.
- Tobacco stains teeth and causes bad breath.
- Tobacco causes premature skin wrinkling.
- Short-term use of spit tobacco can cause cracked lips, white spots, sores, and bleeding in the mouth.
- Surgery to remove oral cancers caused by tobacco use can lead to serious changes in the face. A high school star athlete named Sean Marcee, who used spitting tobacco, died of oral cancer when he was 19 years old.

### The Bottom Line

- Know the truth. Despite all the tobacco use on TV and in movies, music videos, billboards and magazines — most teens, adults, and athletes DON'T use tobacco.
- Make friends, develop athletic skills, control weight, be independent, be cool..... Play sports.
- Don't waste (burn) money on tobacco. The average cost at 1 pack a day is \$1500 a year. Save it or spend it on CD's, clothes, computer games, and movies.
- The value of your car goes down when you smoke in it.
- Get involved: make your team, school, and home tobacco-free; teach others; join community efforts to prevent tobacco use.

ON BEHALF OF THE OKLAHOMA STATE MEDICAL ASSOCIATION'S  
PHYSICIANS' CAMPAIGN FOR A HEALTHIER OKLAHOMA AND YOUR  
OKLAHOMA ALLERGY & ASTHMA CLINIC PHYSICIANS

WE WISH YOU WELL!!!

Source: Centers for Disease Control's Tobacco Information and Prevention Source and OAAC.  
Additional information is available at [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco).