



April 25, 2007

New Hingham School **Fire** News

Today's Lesson

by the Goshen and Chesterfield Fire Departments

TOBACCO AWARENESS

Tobacco is a plant. People use its leaves in many forms: cigarettes, cigars, chew, snuff, and pipe tobacco. All tobacco contains a dangerous and addictive drug called *nicotine*. Tobacco is the delivery system for a person to get nicotine into their bloodstream. It causes an overwhelming craving that makes it terribly hard to quit.

Tobacco use can cause many different kinds of cancer: Lung Cancer, Cancer of the Larynx, Cancer of the Esophagus, Cancer of the Mouth or Tongue, Stomach Cancer, Bladder Cancer, Kidney Cancer and Pancreatic Cancer. Tobacco use can also cause heart disease.

There is nothing good for you in tobacco.



CIGARETTES AND CIGARS

Cigarettes and cigars are smoked. They are lit on fire and the smoke is inhaled. Smoking brings nicotine, tar and carbon monoxide into the lungs. Carbon Monoxide is a gas that can interfere with oxygen in the body. Oxygen is the gas that every cell in the body needs. Smoking destroys the alveoli (small air sacks) in the lungs. There is a loss of breathing capacity, making it harder to exercise. Smokers are more easily infected with illness because the cilia (little hairs) in their nose and windpipe are damaged. Smokers are 6 times more likely to get emphysema, a deadly lung disease. Smoking can harm you in many more ways.



It constricts blood vessels thereby reducing blood flow. It dulls the senses of taste and smell. It reduces physical stamina and breathing capacity. It stains fingers and teeth yellow. It causes bad breath. It makes your hair and clothes smell like an ashtray. It increases heart rate and blood pressure. Smoking causes shortness of breath, excess phlegm and a nagging cough. The ashes can burn your clothes and furniture or start a fire. *Smoking is the leading cause of residential fire deaths.* Smoking causes premature skin wrinkling. It makes you look older, but not in a good way.

CHEWING TOBACCO

Chewing tobacco is not a good alternative to smoking. It also contains nicotine. When chewing tobacco is chewed, the nicotine irritates and damages the lining of the mouth and throat. It also narrows the blood vessels that carry blood and oxygen throughout the body. Chewing tobacco can also lead to many kinds of cancer. It causes yellow brown stains on teeth and black, foul tasting spit. Chewers spit because swallowing this stuff upsets their stomach. Chewing tobacco causes sores in the mouth, tooth decay and loss of teeth. It is unattractive and dangerous to your health.



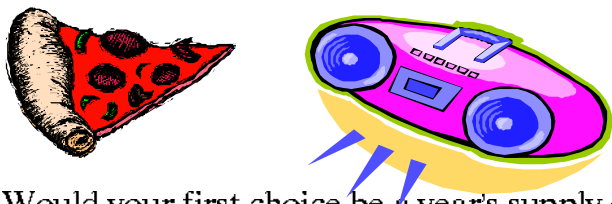
I can't believe I lost another tooth! No one told me this would happen!

TOBACCO AWARENESS CONTINUED.....

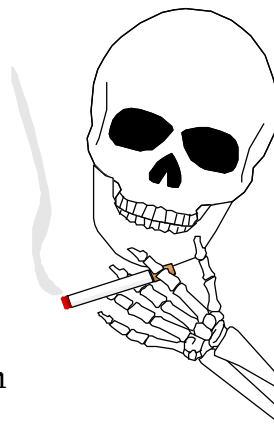
TOBACCO ADVERTISEMENTS

Tobacco companies need kids to start smoking. Because over 400,000 smokers die each year, they need new smokers. Adults who don't smoke aren't going to start, so they need kids. In the United States more than 6,000 kids try their first cigarette each day. About 3,000 of them will become daily smokers and 1,000 of those daily smokers will eventually die from tobacco-related diseases. *70% of teen smokers wish they had never started smoking.* Advertisers want you to think smoking is cool, sophisticated, fun loving and that beautiful and handsome people do it. Don't believe it! They are trying to use you to stay in business. All their customers are dying and they need new ones. They don't care about your health, all they want is your money.

If I gave you \$1,500.00 what would you buy?



Would your first choice be a year's supply of cigarettes? Let's say a pack of cigarettes cost \$5.00 and you are hooked and smoke 1 pack a day. In one week you spent \$35.00. In one month you spent \$140.00. In one year you spent \$1,820.00. If you smoke for 5 years, that is \$9,100.00. In 10 years it's \$18,200.00. These prices assume the cost does not go up and you know it will! Think about all the other things you could buy with that much money. Think about the fact that all you got out of it was smoke full of over 4,000 chemicals and 43 of those are known to cause cancer! What a deal, for the tobacco companies that is.

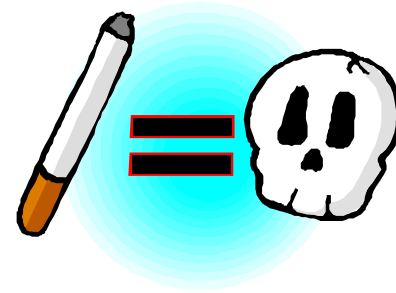


TOBACCO IS A KILLER

One out of every 5 people in the United States die due to smoking related illnesses. Cigarette smokers have a lower level of lung function than those persons who never smoked and die 12 years sooner than nonsmokers. About 3,000 nonsmoking people die each year from lung cancer because of long-term exposure to secondhand smoke. Smoking accounts for 30% of all cancer deaths and 87% of all lung cancer deaths.

SMOKING IS NOT COOL

Most people understand that using tobacco is dangerous and unhealthy. Smoking is not allowed in most public places because people that don't smoke should not be forced to breathe polluted air. Smokers are forced to go to designated smoking rooms or outside. Most actors/actresses you see smoking in movies or on television do not really smoke. They know that it will make them unattractive. *Not a good thing if you want to remain a star.*



PLEASE CHOOSE NOT TO USE!

Stay SAFE