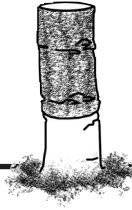


Staying Tobacco Free



Tobacco use is a major health problem for our nation. It can cause cancer, heart disease, strokes, and emphysema. Tobacco use, smoking and the use of chewing or spit tobacco, is the single leading preventable cause of death in the United States. Young people who smoke or are around people who do often have health problems, such as more colds, eye and ear problems, and a greater chance of asthma.

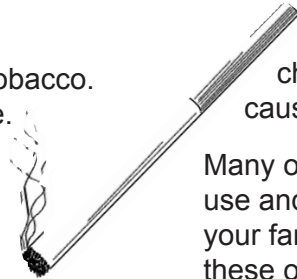
Today your child learned these facts:

- One cigarette contains over 4,000 chemicals, including tar, cyanide, acetone, and ammonia.
- Cigarettes contain the addictive drug nicotine.
- Tobacco can cause many health problems.

Why Do Young People Smoke? What Can We Do?

Peer pressure, parental use, and advertising are the major reasons young people try tobacco products. To help your child refuse tobacco, the Centers for Disease Control and Prevention tells parents to take these actions:

- Be a good model by not using tobacco.
- Talk honestly about tobacco use.
- Have a tobacco-free home.
- Help your child quit if he or she is using tobacco.
- Help your child question advertisements that make tobacco use appealing.

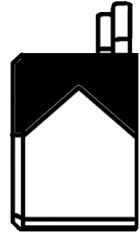


What About Secondhand Smoke?

Secondhand smoke is the smoke that is exhaled or comes from a lighted cigarette, pipe or cigar. Children are most affected by secondhand smoke. Their bodies are still growing. Being around secondhand smoke can hurt lung growth, cause respiratory illnesses, and cause asthma or make it

worse. Studies state that secondhand smoke lowers a child's ability to perform on tests of intelligence and language development. Help your child breathe clean air. If you are in a smoky room, take these actions:

- Open the window.
- Move to a different room.
- Close the door to the room separating you from the smoker.
- Go outside.
- Move away from the smoker.
- Respectfully ask the smoker to put out the cigarette or find another place to smoke.



Why Stop Now?

If you or someone you know uses tobacco, there are many reasons to quit. Quitting will reduce the chances of developing cancer, heart disease, strokes, and emphysema. People who quit see positive results quickly.

- After 20 minutes of not smoking, a person's blood pressure and pulse return to normal.
- After 48 hours, nerve endings start to regrow and the person's ability to smell and taste improves.

Quitting also sets a good example for children and will protect them from problems caused by secondhand smoke.

Many organizations offer information on tobacco use and how to quit. Take action NOW! Contact your family doctor, local health department or one of these organizations.

- Centers for Disease Prevention and Control: www.cdc.gov/tobacco/how2quit.htm
- Michigan Department of Community Health: www.michigan.gov/mdch or Michigan QuitLine: 1-800-480-7848
- Office on Smoking & Health, Centers for Disease Control and Prevention: www.cdc.gov/tobacco/ or 770-448-5705
- American Cancer Society: www.cancer.org or 1-800-ACS-2345
- American Lung Association: www.lungusa.org or 1-800-LUNGUSA