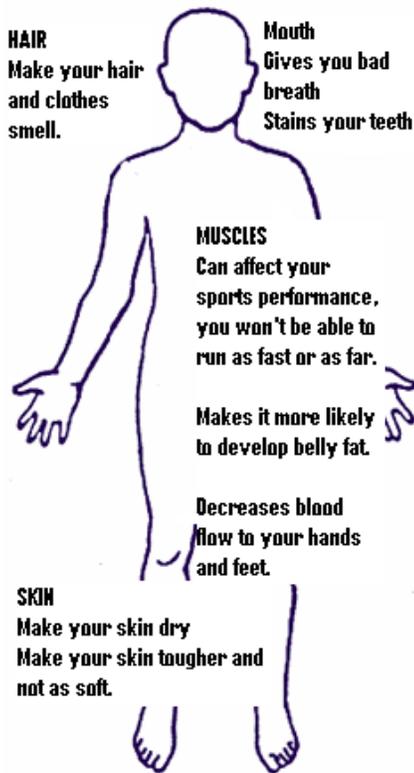


# BE IN THE KNOW: WHAT TOBACCO USE DOES TO YOUR BODY

**FACT:** Tobacco smoke contains more than 7,000 chemical components, and at least 70 of these chemicals are known to cause cancer.<sup>1</sup>

## DID YOU KNOW ...

Everyone knows that smoking can cause cancer when you get older, but did you know that it also has bad effects on your body right now? There is hardly a part of the human body that's not affected by the chemicals in the tobacco. Using tobacco can:



## SMOKING CAN CAUSE:

- High Blood Pressure
- Heart Disease
- Emphysema

Smoking causes about 90 percent of lung cancer deaths in men and almost 80 percent of lung cancer deaths in women. The risk of dying from lung cancer is more than 23 times higher among men who smoke cigarettes, and about 13 times higher among women who smoke cigarettes, compared with those who never smoked.<sup>2</sup>

Smoking causes cancers of the bladder, mouth, larynx (voice box), kidney, lung, pancreas, and stomach, and causes acute myeloid leukemia.

**THE GOOD NEWS IS MORE AND MORE NC TEENS ARE STAYING TOBACCO-FREE. THE MOST RECENT STUDIES SHOW OVER 80% OF ALL NC TEENS ARE NON SMOKERS AND OVER 90% DON'T USE DIP OR CHEW.**



From: <sup>1</sup> US Surgeon General's Report on Smoking and Health, 2010 [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

<sup>2</sup>U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004 [accessed 2006 Dec 5].

**IF YOU OR SOMEONE YOU KNOW WANTS TO QUIT SMOKING OR DIPPING PLEASE CLICK OR CALL:**

**1-800-QUIT-NOW**  
**QuitlineNC.com**



## About the Tobacco Prevention and Control Branch (TPC)

*The North Carolina Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles. Our goal is to build capacity of diverse organizations and communities to carry out effective, culturally appropriate strategies to reduce deaths and health problems due to tobacco use and secondhand smoke.*



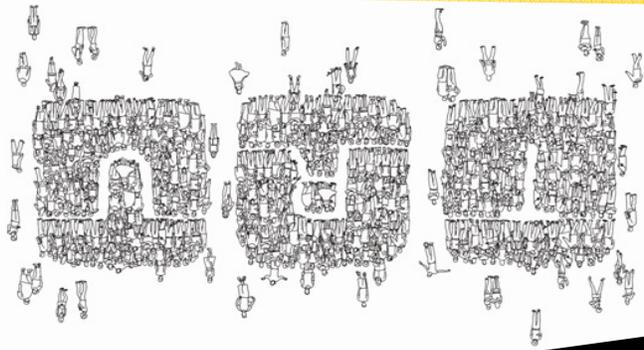
## About TRU:

TRU is North Carolina's youth-led grassroots movement that has helped bring our state's teen smoking rates to the lowest on record. TRU stands for Tobacco.Reality.Unfiltered. Our name says a lot about us. We bring home the reality of tobacco use and are on our way to creating the state's first tobacco-free generation. The TRU movement rallies teens to take a stand against tobacco use and get the message out with activities like working with the media, encouraging local businesses to go tobacco-free or holding "cigarette butts pick-up" events.

To find out more about TRU, please visit: [www.realityunfiltered.com](http://www.realityunfiltered.com)

**TRU IS MAKING A DIFFERENCE.** For more information about **TRU** in your community and how you can get involved, contact me to learn more:





**BE IN THE KNOW: WHAT TOBACCO USE DOES TO YOUR BODY**



**Join the movement**

**WE ARE A  
FORCE OF  
TOBACCO-FREE  
GOODNESS**



**WHAT WILL YOU DO AS A TRU TEEN?**



It's official: teen smoking is now at an all-time low. Across the state, teens are making sweeping changes. And you can help. As a TRU teen you will:

- Encourage others to become tobacco-free,
- Educate your peers,
- Speak to community leaders and decision makers,
- Meet with other teens in your region and across the state, and
- Develop fun, creative activities

Meet New People

Express Yourself

Build Your Resume

Show You Care



CONTACT INFORMATION:  
 INSERT COORDINATOR NAME  
 INSERT AGENCY NAME and ADDRESS  
 INSERT PHONE NUMBER  
 INSERT EMAIL ADDRESS

**BE TRU**  
 TAKE THE PLEDGE  
**STAY TRU**  
 SPREAD THE MESSAGE  
**LIVE TRU**  
 GET INVOLVED