



THINK

before
lighting up.

(information from the CDC)

Tyree and Sam talk about plans for the weekend...

Tyree: All right. This is college. We gotta do something. We need to have fun.

Sam: Agreed. Let's do something crazy.
Let's smoke.

Tyree: Hold up? Seriously?

Sam: Everyone is doing it. I even know where we can get stuff.



(Information from the CDC)

Let's try cigarettes.

*Tyree: I don't like the sound of "stuff"
...how about just a cigarette?*

Sam: A cigarette? Man, do you ever watch tv? Cigarette smoking causes more deaths each year than HIV, illegal drug use, alcohol use, motor vehicle injuries, and firearm related incidents combined!

*Tyree: Oh, well I didn't know that.
So, may be not cigarettes.*



(information from the CDC)

What about E-Cigs?

Tyree: I've got it, what about e-cigs? A ton of people vape and it's a much healthier alternative because there is no smoke.

Sam: Tyree, are you serious? E-cigs and vaping may not produce smoke, but they still contain the addictive chemical nicotine and other toxic chemicals that send people to the hospital. Also, people can burn their face doing that. I am not about to burn my face.

Tyree: What?!?!? All right, you wanted to smoke. What were you thinking?

(information from the CDC)

Hookah. It's safe, right?

Sam: I was definitely thinking more along the lines of hookah. It can't be bad for you; they have shops and everything.

Tyree: There's no way I am smoking hookah. Do you have any idea how bad hookah is? Even though it passes through liquid, the toxic agents are still there and you inhale 150 times more smoke in one hookah session than in one cigarette. And another thing, they do not clean those mouth pieces like they are supposed to every time. I am not about to be sick.

Sam: Dude, that's nasty. Maybe we shouldn't go smoke then. How about we just go get some burgers or something?

Tyree: Sounds good to me! You know I am always down for some food.

Some fast facts about smoking

Cigarettes

Smoking cigarettes can have a ton of negative effects, including the following:

- Causing a wide variety of cancers
- Causing tooth decay, loss, and gum recession
- Causing premature wrinkling and yellowing of the skin
- Causing women and men to be infertile

Vaping

A 2014 study found that aerosol from e-cigarettes with a higher voltage level contains more formaldehyde, another carcinogen with the potential to cause cancer. Formaldehyde is also what they use to preserve the frogs you dissect in biology.

E-Cigs still expose others to harmful second hand emissions, even though they do not produce smoke.

There is not a lot of research that has been released on e-cigs and vaping yet, but that DOES NOT mean that they are safe.

Hookah

Tobacco juices from hookahs irritate the mouth and increase the risk of developing oral cancers.

The charcoal used to heat the tobacco can raise health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals.

Hookah tobacco and smoke contain many toxic agents that can cause clogged arteries and heart disease.