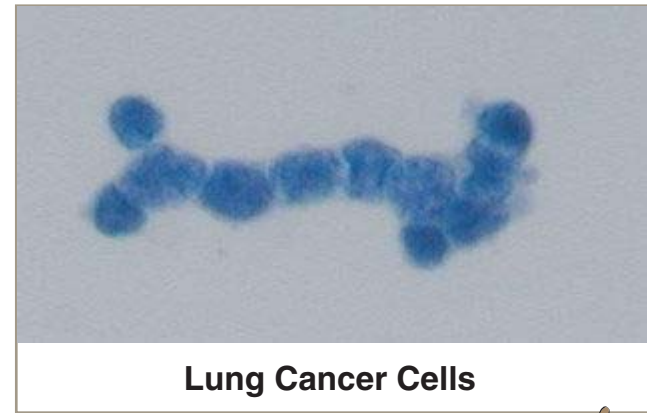




Addiction is one of the most dangerous parts of smoking. When someone becomes addicted, his or her brain has been changed by the drug so that it no longer feels right without it. When a person who is addicted to nicotine tries to quit using it, he or she can worry a lot, be very sad, get headaches, and be really tired. Drugs that cause addiction affect a certain part of the brain called the limbic system.

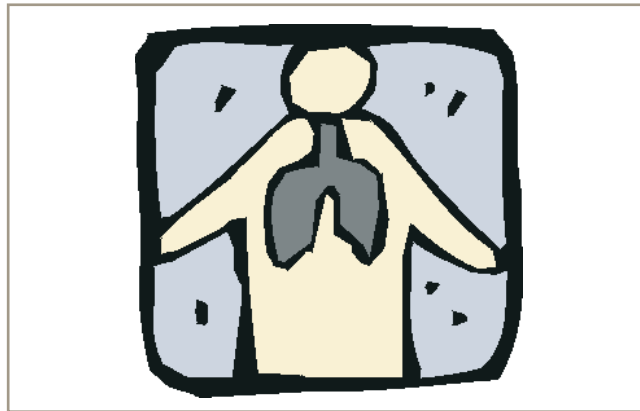


Lung Cancer Cells

There are many types of cancer that can show up in all parts of the body. Lung, lip, and throat cancers can all be caused by using tobacco. All cancers are bad, and they are all very difficult to cure. Lung cancer is the number one cause of death by cancer in the U.S.—but many cases can be prevented by not smoking!



NIDA BLACK LUNGS



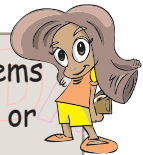
There is something in cigarettes called tar. When a person smokes, the tar goes into the lungs. The lungs then turn black from the tar, and it gets harder and harder for them to breathe. If people smoke for a long time, they can get diseases that can eventually stop them from breathing.



NIDA TOBACCO



Tobacco comes from the leaves and stems of the tobacco plant. It can be smoked or chewed. Tobacco smoke contains more than 4,000 chemicals. Tobacco can cause lung cancer, lip cancer, throat cancer, respiratory problems, heart disease, and bad breath. All smokers in the entire world smoke about 6 trillion cigarettes each year.



NIDA QUITTING

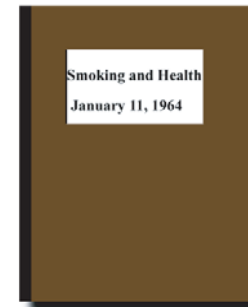


It is very hard to quit smoking. The addiction from nicotine is so strong that many people who smoke can't quit. Doctors can do different things to help people stop smoking. When a person quits smoking, the lungs start healing, the senses of smell and taste get better, and heart rate and blood pressure go down. It's always a good idea to quit.



NIDA SURGEON GENERAL'S REPORT

Quitting Smoking Now Greatly Reduces Serious Risks to Your Health. *
in Fetal Injury
The Surgeon General has determined that cigarette smoking is dangerous to the health of pregnant women and their babies. *
Lung Cancer
Complicate Pregnancy
Reduces Serious Risks to Your Health. *
Pregnant * The Surgeon General has determined that



The Surgeon General is in charge of the health of the United States. He tells the people in the U.S. what they can do to improve their health. More than 30 years ago, the Surgeon General of the U.S. released a report called the Surgeon General's Report on Smoking and Health. This report told people that cigarette smoking is a cause of cancer and other serious diseases.



It is the reason there are labels on cigarettes warning people of the harmful effects.

