

| Statement  | Myth/Fact   | Justification   |
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| Smoking is just a choice.  | <i>Myth</i> | <p>While it is true that the first time it is someone's choice, after a few cigarettes it is not. In fact, the Surgeon General reported in 2010 that 70% of current adult daily smokers wanted to quit.</p> <p>Addiction to nicotine can happen very quickly, smoking changes your brains neurochemistry and how it receives and sends signals.</p> <p>Source: CDC<br/> <a href="https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf">https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf</a></p>   |
| 1 out of 5 youth smokers show nicotine dependence symptoms within just one month after initiating smoking. | <i>Fact</i> | <p>As discussed in the last myth, nicotine addiction happens very rapidly even if the youth is only smoking intermittently.</p> <p>There isn't a magic number of cigarettes or amount of nicotine that causes symptoms in everyone; it varies from person to person.</p> <p>Symptoms can range from:</p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Craving nicotine</li> <li>• Depression</li> <li>• Having a hard time focusing</li> <li>• Lower academic and athletic performance</li> <li>• Weight gain due to increase appetite</li> <li>• Increased feelings of frustration and anger</li> <li>• Being restless and impatient</li> <li>• Not being able to sleep well (insomnia)</li> </ul> <p>However, one important thing to know is that when a person develops a single symptom it is highly indicative of that person being nicotine dependent and that they will continue to smoke.</p> <p>Source: DiFranza J.R. et al. Tobacco Control 2002 11:228-235; Popva, L., Halpern-Felsher, B.L. AmJ Health Behavior 2016; 40(3) 341-351;<br/> UCSF (<a href="https://www.ucsfhealth.org/conditions/nicotine_dependence/signs_and_symptoms.html">https://www.ucsfhealth.org/conditions/nicotine_dependence/signs_and_symptoms.html</a>)</p> |



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| <p>Smoking light cigarettes and cigarettes with filters make cigarettes safer.</p>               | <p><i>Myth</i></p> | <p>Tobacco companies design their products to maximize their addictiveness, allowing them to keep their customers and increase their profits.</p> <p>“Light cigarettes” were used in the past to trick smokers into believing that there was a healthy way to smoke. We now know that is not true and in fact, companies are no longer able to market cigarettes as “light” since they are just as dangerous. Unfortunately, tobacco companies have tried to cheat this restriction by using other descriptors, color, or imagery on their packaging that might mislead people into believing one tobacco product is safer than others. This has been proven to be untrue.</p> <p>Filter cigarettes do not protect the smoker. The filters make the smoke particles smaller, allowing nicotine to be absorbed more quickly. This increases the likelihood of addiction.</p> <p>Source: (<a href="https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf">https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf</a>)</p> |
| <p>Smoking a cigarette every now and then is no big deal.</p>                                    | <p><i>Myth</i></p> | <p>As discussed in earlier myths, nicotine addiction happens very rapidly even if the young person is only smoking intermittently. There is no safe level of tobacco use.</p>  |
| <p>Cigarette smokers have lower stress levels than non-smokers.</p>                              | <p><i>Myth</i></p> | <p>Cigarettes have also been shown not to reduce stress levels in the long term. In fact, youth that smoke regularly report that their stress levels increase after they started smoking regularly. The Surgeon General reported in 2010 that breathing tobacco smoke could cause immediate harm by triggering sudden heart attacks and lead to death.</p> <p>Source: CDC (<a href="https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf">https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf</a>) &amp; American Psychological Association</p>   |
| <p>Someone who stops smoking before the age of 40 reduces their risk of dying from a smoking</p> | <p><i>Fact</i></p> | <p>It is a myth that it is too late to quit because the damage is already done. In fact, according to the CDC “Within 20 minutes after quitting, your body starts to heal.”</p> <p>Source: Jha P. et al. N Engl J Med 2013; 368 (4):341-50.</p> <p>CVS health infographic: <a href="http://www.huffingtonpost.com/2014/12/05/effects-of-quitteing-smoking_n_5927448.html">http://www.huffingtonpost.com/2014/12/05/effects-of-quitteing-smoking_n_5927448.html</a></p>   |



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| related disease (e.g. lung cancer) by 90%.                          |             |   |
| Secondhand smoke may bother people, but it isn't dangerous.         | <i>Myth</i> | <p>According to the CDC tens of thousands of nonsmokers die every year from second hand smoke.</p> <p>Source: CDC<br/> <a href="https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf">https://www.cdc.gov/tobacco/data_statistics/sgr/2010/myths/pdfs/myths.pdf</a></p>  |
| You get less nicotine smoking cigars then cigarettes.               | <i>Myth</i> | <p>Cigarettes contain less than 1 gram of tobacco in each cigarette. All cigarettes in the US are the same size. They are wrapped in paper.</p> <p>Cigars in the US come in a range of sizes. All cigars are wrapped a wrapper made out of a tobacco leaf. Large cigars have 5-20 grams of tobacco, cigarillos have 3 grams of tobacco, and litter cigars contain ~1 gram of tobacco.</p> <p>Source CDC: <a href="https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cigars-fact-sheet#q6">https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cigars-fact-sheet#q6</a></p>  |
| Cigar wrappers contain nicotine.                                    | <i>Fact</i> | <p>The CDC defines a cigar as “a roll of tobacco wrapped in leaf tobacco or in a substance that contains tobacco.” This means that even if you put other substances (i.e. marijuana to make a blunt) into a cigar wrapper you are exposing your body and brain to nicotine.</p> <p>Source CDC:<br/> <a href="https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/cigars/index.htm">https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/cigars/index.htm</a></p>   |
| Third-hand smoke poses risks to family members, children, and pets. | <i>Fact</i> | <p>Third-hand smoke is the nicotine and other chemicals left behind on surfaces. Toxic chemicals cling to surfaces that include clothes, furniture, drapes, walls, bedding carpets, dust, vehicles etc. The left over chemicals linger long after the smoking has stopped.</p> <p>People and animals are exposed to these chemicals by touching contaminated surfaces and breathing in the “off-gassing” from these surfaces. When one is exposed to third-hand smoke it is a health hazard and can cause cancer.</p> <p>Who do you think is at a higher risk for coming into contact with third-hand smoke chemicals? EG: children and pets</p> <p>SOURCE: Mayo: <a href="http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/third-hand-smoke/faq-20057791">http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/third-hand-smoke/faq-20057791</a></p> |

