



Civil Air Patrol Drug Demand Reduction Vision: *To be a leading force in America's drug demand reduction strategy through the Development of tomorrow's leaders in volunteer community service for a drug free world*

Tobacco ... A Deadly Drug for Teens

From the Group DDRO: This month in Soar we focus on the deadly addiction to tobacco which poses a real threat to teens. Through our Drug Demand Reduction program, we offer alternatives to life threatening addiction. I hope this month's information will support you in that mission.

While the tobacco industry denies that it targets teen-agers, ... studies show that tobacco advertising is more powerful than peer pressure in getting young people to take up smoking, a habit that for many becomes a lifetime addiction. The likelihood of such addiction is enhanced by the fact that many companies add ammonia-based compounds to their cigarettes, thereby increasing the potency of the nicotine that a smoker inhales. This double whammy -- appealing to vulnerable youngsters and serving up an enhanced dose of nicotine -- practically guarantees that new crops of cigarette addicts will continue to be raised.

Of every 3000 children who begin smoking ... 1000 will die ... a tobacco related death

Most smokers pick up the habit in childhood and adolescence and become addicted within a few years. Those who manage not to use tobacco products by age 18 are highly unlikely to start smoking during adulthood. Two new studies suggest that teen-agers are highly susceptible to cigarette ads. According to ... researchers at the University of California at San Diego, clever tobacco ad campaigns have resulted in an increase in the number of 14-to-17-year-olds who become regular smokers. ...

Marketing campaigns, ... make even non-smoking teen-agers more receptive to the idea of smoking. ...Of every 3,000 children who begin smoking each day, 1,000 will die a tobacco-related death. *The New York Times "Hooking Teen-Age Smokers" Published: October 24, 1995*

UTTER L O L



Here are some common experiences from teens who smoke.

- ◆ They tried their first cigarette in sixth or seventh grade
- ◆ They often do not perform well in school
- They feel like they are not a part of the school
- They become isolated from other students
- They can't perform as well at sports events
- They feel like they have little hope of going to college
- They feel like they need a job to support their smoking habit
- They are reported to school officials for skipping classes
- They start using other illegal substances
- They begin experimenting with alcohol and other drugs
- They experience pressure from home and school and use tobacco as a form of relief
- Teen smokers enjoy trying to hide their smoking



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy

Do you have questions on Drug and Alcohol that you would like to see addressed here?

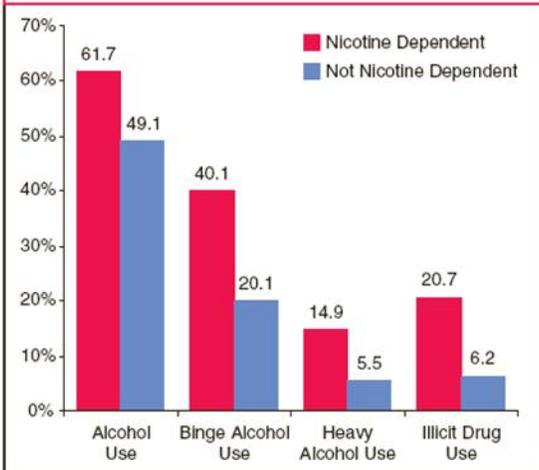
Feedback?

Just drop an email to the Group DDRO at

N2DKK@

Hotmail.com

Figure 1. Past Month Alcohol, Binge Alcohol, Heavy Alcohol, and Illicit Drug Use among Persons Aged 12 or Older, by Past Month Nicotine Dependence: 2006



Source: SAMHSA, 2006 NSDUH.

Smokeless tobacco is still tobacco ,...

and a significant health risk it is not a safe substitute for smoking cigarettes. The facts:

- **Smokeless tobacco contains 28 cancer-causing agents (carcinogens).**² It is a known cause of human cancer,⁵ as it increases the risk of developing cancer of the oral cavity.
- Smokeless tobacco use can lead to **nicotine addiction and dependence.**
- Adolescents who use smokeless tobacco are more likely to become **cigarette smokers.**

Source: <http://www.cdc.gov/tobacco/>

When Smokers Quit—The Health Benefits Over Time

20 minutes after quitting: Your heart rate and blood pressure drops. (Effect of Smoking on Arterial Stiffness and Pulse Pressure Amplification, Mahmud, A, Feely, J. 2003. *Hypertension*:41:183.)

12 hours after quitting: The carbon monoxide level in your blood drops to normal. (*US Surgeon General's Report*, 1988, p. 202)

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases. (*US Surgeon General's Report*, 1990, pp.193, 194,196, 285, 323)

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection. (*US Surgeon General's Report*, 1990, pp. 285-287, 304)

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's. (*US Surgeon General's Report*, 1990, p. vi)

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting. (*US Surgeon General's Report*, 1990, p. vi)

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

(*US Surgeon General's Report*, 1990, pp. vi, 131, 148, 152, 155, 164,166)

15 years after quitting: The risk of coronary heart disease is that of a non-smoker's. (*US Surgeon General's Report*, 1990, p. vi)

Source: The American Cancer Society [On-line]. http://www.cancer.org/docroot/subsite/greatamericans/content/When_Smokers_Quit.asp

