

DID YOU KNOW??

Facts you need to know about tobacco use

Tobacco Use & You

Did You Know....?

- Tobacco use is responsible for over 400,000 deaths in the US each year.
- It's never too late to think about quitting smoking. The sooner you quit, the lower your risks for certain diseases.
- **The use of "Light" "Ultra-Light" "Reduced Tar" "All Natural No Additives", & Herbal Cigarettes, are NOT SAFER ALTERNATIVES.**
- **There is no such thing as a SAFE CIGARETTE !**
- The process of lighting a cigarette and burning tobacco creates toxic gases and chemicals which are better known as **TAR**. There are over 4,000 chemicals in tobacco smoke, over 200 are known poisons and over 60 are known carcinogens.
- **Tar**, and the many chemicals contained within, **are responsible for the many diseases caused by tobacco use.**
- **FILTERS DO NOT ELIMINATE RISK FROM TOBACCO.**
- **Nicotine does not cause cancer. Nicotine is an extremely addictive drug.** Cigarettes and tobacco products are the devices that deliver the doses of nicotine to a tobacco user.
- Nicotine replacement therapy products like the patch, gum, and lozenge, are available without prescription and are safe and effective when used properly.
They do not present an increased risk for heart attack.
- People who smoke "Light" or "Reduced Risk" brands compensate for the lower nicotine levels by smoking more "light" cigarettes and inhaling more deeply. Smokers of "light" brands often inhale the same amount of tar as those smoking regular or high tar cigarettes.

Talk To Your Health Care Provider

Research has shown that a brief intervention by a health care provider about the need to stop tobacco use is a very effective motivator for patients.



Steve Levy
County Executive



Humayun J. Chaudhry, D.O., M.S.
Commissioner



The Financial Toll of Tobacco

Annual public and private health care expenditures caused by smoking :

\$96.7 billion

Annual Federal and State Medicaid Expenditures caused by smoking:

\$30.9 billion

Annual New York State tax burden **per household** for smoking caused diseases

\$842 /per household

Annual cost for one pack a day smoker

\$ 2,646.00 !!



Help Is Just A Call Away!

For Suffolk Residents

Suffolk County Department of Health Services

6 week smoking cessation program with medications to medically eligible participants.

631-853-4017

For All New York State Residents

New York State Smokers' Quitline
1-866-697-8487

Phone counseling and some limited opportunities for free nicotine replacement therapy.