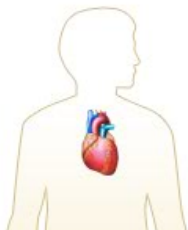


## FACT SHEET: TOBACCO

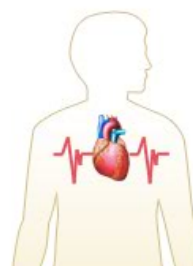
- Tobacco is a green, leafy plant.
- Tobacco use includes using cigarettes, chewing tobacco, Snus, snuff, shisha, cigars and pipes.
- One of the main ingredients in tobacco is nicotine, a highly addictive drug.
- Tobacco use is the number one cause of preventable disease, disability and death in Ontario.
- Cigarette smoking causes about 30 per cent of cancer deaths in Canada and about 85 per cent of lung cancer deaths.
- Every year, 37,000 Canadians and 13,000 Ontarians die from tobacco use.
- There are more than 4,000 chemicals in a cigarette, cigar or pipe, at least 50 of which are known to cause cancer.
- There are more than 3,000 chemicals in spit tobacco, 28 of which are known to cause cancer.

### Health benefits of discontinuing tobacco use



#### Within 20 minutes

Blood pressure drops and pulse returns to normal. Temperature of hands and feet stabilizes.



#### After 24 hours

Your chance of having a heart attack decreases.



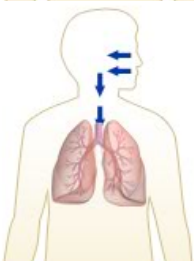
#### After 48 hours

Lung capacity increases and breathing can become easier.



#### 2 weeks to 3 months

Your circulation improves. Walking becomes easier. Lung function may increase by up to 20%.



#### 1 to 9 months

Coughing, sinus congestion, fatigue, and shortness of breath may decrease. Your cilia (microscopic hairs that line the lungs) may begin to re-grow.



#### 10 years

Risk of dying from lung cancer is cut in half.