

What Happens When You Smoke

Health Facts

Smoking even one cigarette a day:

- causes your heart rate and blood pressure to increase, and your major blood vessels to become smaller, causing your heart to work harder
- causes your blood to clot faster; tobacco users have a higher chance of heart attack, stroke and circulatory problems
- increases your chance of impotence
- reduces the amount of oxygen in your bloodstream, making you short of breath
- slows your ability to heal
- decreases your taste and smell.

The human body was not designed to smoke.

Financial Facts

The current average cost of 1 pack of cigarettes in Minnesota is \$8.10.* To smoke 1 pack a day costs:

- \$8.10 a day
- \$56.70 a week
- \$243 a month
- \$2,956.50 a year
- \$14,782.50 in 5 years
- \$29,565 in 10 years
- \$73,912.50 in 25 years.

In Minnesota, the health care cost of smoking is estimated at more than \$3 billion every year.

Other Facts

- Your teeth turn yellow or brownish in color.
- Your skin wrinkles more.
- Your breath, hair, clothing and household furnishings all smell like smoke.
- Secondhand smoke can have harmful effects on the health of your entire family.
- Seventy-five percent of tobacco users have at least one parent who smokes.
- Your furniture, curtains, and carpeting smell like smoke. (This smell is caused by thirdhand smoke.)
- Cigarette smoke contains more than 7,000 chemicals. More than 70 can cause cancer.

Tobacco tax increases are proven to prevent kids from smoking and help adults quit. According to ClearWay Minnesota (clearwaymn.org), the \$1.60 tax raise in Minnesota in 2013 was estimated to:

- prevent an estimated 47,700 kids from starting smoking and help more than 36,600 smokers quit
- save Minnesotans more than \$1.65 billion in long-term health care costs
- prevent more than 25,700 early smoking-related deaths.

***Wisconsin prices are a bit higher.**