

# What Happens When You Smoke

## Health Facts

### Smoking even one cigarette a day:

- causes your heart rate and blood pressure to rise and your major blood vessels to narrow, making your heart work harder
- causes your blood to clot faster putting you at risk for heart attack, stroke and problems with blood circulation
- raises your chance of impotence (being unable to have sex) or infertility (being unable to have a baby)
- lowers 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.

## 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.

## Financial Facts

The current average cost of 1 pack of cigarettes is \$9.76 in Minnesota and \$8.42 in Wisconsin.

If the price doesn't change, here's how much you will spend smoking 1 pack of cigarettes each day:

	Minnesota	Wisconsin
<b>1 day</b>	\$9.76	\$8.42
<b>1 week</b>	\$68.32	\$58.94
<b>1 month</b>	\$292.80	\$252.60
<b>1 year</b>	\$3,562.40	\$3,073.30
<b>5 years</b>	\$17,812	\$15,366.50
<b>10 years</b>	\$25,624	\$30,733
<b>25 years</b>	\$89,060	\$76,832.50