

**Carroll Hospital Center** has launched a wellness initiative for its Associates. During the month of July, Associates have been receiving "Tobacco Facts" to reinforce things that they may already know about smoking, but hadn't really thought about. Associates will then be able to take a "Tobacco Facts Quiz" to see how well they understand and remember the facts. Those who answer the quiz questions correctly will be eligible to win a raffle prize.

Did you know that . . . . .

- Cigarette smoke is a complex mixture of compounds and contains tar, which is made up of more than 4,000 chemicals, including over 60 **known** to cause cancer.
- Secondhand smoke contains the same harmful chemicals as the smoke that smokers inhale.
- Tobacco causes nearly one in five deaths, killing about 438,000 Americans each year. Smoking is the single most preventable cause of death in our society.
- Smoking is a major cause of chronic bronchitis and emphysema (COPD or chronic obstructive pulmonary disease).
- Clove cigarettes or kreteks contain 60-70% tobacco and 30-40% cloves, clove oil and other additives. They have the same health risks as regular cigarettes.
- Bidis are flavored cigarettes that contain less tobacco than regular cigarettes, but recent studies show that they have higher levels of nicotine and other harmful substances. They are also unfiltered.
- Hookah smoke contains lower levels of tobacco, but the water does not filter out many of the toxins and the smoke contains varying amounts of nicotine, carbon monoxide, and other hazardous substances.

(From the American Cancer Society's "Questions about Smoking, Tobacco, and Health", 2006.)

- Cigarette smoking is the biggest risk factor for sudden heart death.
- Smoking causes almost 90% of lung cancers.
- The most harmful cancer-causing substances in smokeless (spit) tobacco are nitrosamines (TSNAs), which have been found at levels 100 times higher than the nitrosamines that are allowed in bacon, beer, and other foods.
- Cigar smokers have a greater risk of dying from cancer of the oral cavity, larynx, or esophagus compared with nonsmokers.

From the American Cancer Society's "Questions about Smoking, Tobacco, and Health", 2006.

Here's the quiz – see how well you do!

### TOBACCO FACTS QUIZ

1. T or F      Clove cigarettes are a healthy alternative to regular cigarettes.
  
2. T or F      Secondhand smoke contains the same harmful chemicals as the smoke that smokers inhale.
  
3. T or F      Cigar smokers have a greater risk of dying from cancer of the oral cavity, larynx, or esophagus compared with nonsmokers.
  
4. T or F      Smokeless (spit) tobacco is relatively harmless to a person chewing it.
  
5. Smoking is a risk factor for:
  - a. COPD
  - b. Sudden heart death
  - c. Lung cancer
  - d. All of the above
  
6. The single most preventable cause of death in our society is:
  - a. Smoking
  - b. Car accidents
  - c. Obesity
  - d. None of the above
  
7. The tar in cigarettes is made up of how many chemicals **known** to cause cancer?
  - a. 2
  - b. 12
  - c. 30
  - d. 60

The answers to the quiz are:

1. False
2. True
3. True
4. False
5. d
6. a
7. d

*Smoking Cessation Classes are offered by both the Carroll Hospital Center and the Carroll County Health Department/Cigarette Restitution Fund Program. To see that information, please see "help quit smoking" which is found at [www.healthycarroll.org](http://www.healthycarroll.org)*