

**Tobacco fact sheet**

**The facts**

- Tobacco is a green, leafy plant.
- Tobacco use includes using cigarettes, chewing tobacco, Snus, 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 incidences.
- Every year, 37,000 Canadians and 13,000 Ontarians die from tobacco use.
- Tobacco use costs Canada \$17 billion and Ontario over \$4 billion annually.
- There are more than 4,000 chemicals in a cigarette, cigar or pipe, 69 of which are known or suspected to cause cancer.
- There are more than 3,000 chemicals in spit tobacco, 28 of which are known or suspected to cause cancer.

**Health benefits of discontinuing tobacco use**

Within 20 minutes	Your blood pressure drops, your pulse returns to normal and the temperature of hands and feet stabilizes
After 8 Hours	The carbon monoxide level in your blood drops
After 24 Hours	Your chance of having a heart attack decreases
After 48 Hours	Your ability to smell and taste improves
After 72 Hours	Lung capacity increases. Breathing can become easier
2 weeks to 3 months	Your circulation improves. Walking becomes easier. Lung functioning may increase by up to 20 per cent
1 to 9 months	Coughing, sinus congestion, fatigue, shortness of breath may decrease. Your cilia may even begin to re-grow and that can help clean the lungs and reduce chance of infection
1 year	Risk of heart disease is cut in half