

# Smoking/Nicotine

## You May Already Know Smoking Cigarettes:

- Is addictive
- Causes impotence
- Causes cancer, high blood pressure, heart attacks
- Reduces your physical performance and endurance
- Causes shortness of breath
- Gives you bad breath
- Leads to more colds, bronchitis, and chronic coughs
- Kills 400,000 Americans each year

## You May Know that Cigarette Smoke Contains:


Insect poison, refrigerant, toilet disinfectant and chemicals found in exhaust fumes, embalming fluid, metal cleaners and explosives.

## You May Know that if You Stop Smoking You Will:

- Have better breath
- Have clearer skin
- Have whiter teeth
- Increase your energy and stamina
- Breathe easier

In 2009, only 13.1% of Stony Brook students reported any tobacco use in the previous 30 days. 73.6% reported that they have never used tobacco.

## Resources

To get help to stop smoking, there are confidential resources available on campus. Contact the Health Education Office at (631) 632-6689 to speak with a health educator. Free nicotine patches are available through New York State's Smokers' Quitline. Visit [www.nysmokefree.com](http://www.nysmokefree.com)  for more information.