

Don't Mix!



For More Information Check Out These Sites

http://www.health.gov.sk.ca/rr_smokeless_tobacco.html

http://www.entnet.org/healthinfo/tobacco/spit_tobacco.cfm

<http://www.tobaccofacts.org/>

<http://www.cdc.gov/tobacco/>

<http://www.gov.ns.ca/ohp/tcu/youth.htm>

http://www.tobaccotoolkit.ca/Tobacco_free_sports/Tobacco%20Free%20Sports%20index.htm

<http://www.gosmokefree.com>

<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/SpittingIntoTheWind.htm>

<http://www.hpclearinghouse.ca/act/tfsr.htm>

Canada

Financial contribution
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PETRA
PEI Tobacco Reduction Alliance



RECREATION & FACILITIES
ASSOCIATION

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Sport & Tobacco

Don't Mix!

PEI

TOBACCO
FREE



SPORT &
RECREATION

Tobacco Facts

What is the single most preventable cause of death in Canada? Is it murder? Is it suicide? Is it vehicle accidents? **WRONG!** It's **TOBACCO**. More Canadians die from tobacco related diseases every year, than they do from AIDS, fires, suicides, murders and vehicle accidents put together.

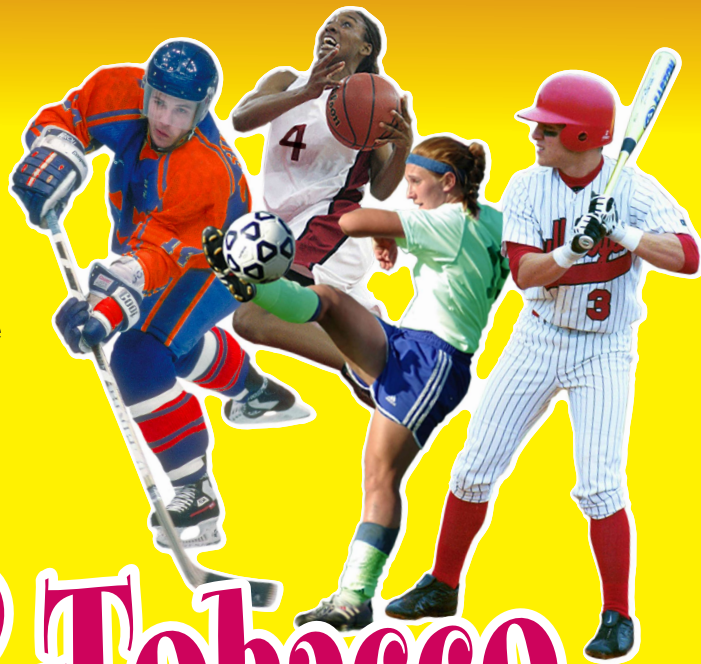
"Tobacco, sport and recreation don't mix!"

Smokers run slower and can't run as far. Don't be fooled into thinking nicotine might enhance your athletic performance.

Join the majority, 80% of people on PEI don't smoke, and 98% don't use spit tobacco.

Worldwide, someone dies every 10 seconds from tobacco related diseases.

It is a crime to kill. Right! So why is it okay for tobacco company's to kill more than 48,000 Canadians a year, and make BILLIONS of \$\$\$\$\$\$ doing so. Tobacco, when used exactly as intended, kills half of all its long-term users. Don't be a victim of Big Tobacco Company's.



PEI Sport & Tobacco Don't Mix!

Smokeless (Spit) Tobacco

Smokeless does not mean harmless. Smokeless (spit) tobacco is **as harmful, if not, more harmful** to the body than a cigarette.

One tin of 'spit' tobacco has the same health effect as smoking 60 cigarettes.

These effects, over time, can happen to you if you continue to use 'spit':

- ☉ cancer of the mouth and tongue
- ☉ lose of your jaw bone
- ☉ chronic bad breath and hairy tongue
- ☉ yellow teeth
- ☉ gum and tooth disease

Just a few of the ingredients found in 'spit' tobacco include: nuclear waste, poisons, nicotine, components of gasoline, cancer causing chemicals, etc...

Second-hand Smoke

Kills 3 non-smokers a day in Canada

The risk of developing cancer following exposure to second-hand tobacco smoke is about **57 times greater** than the risk from all other pollutants in the atmosphere.

It's the leading cause of **cancer** to non-tobacco users.

Smoking

Smoking makes you **'STINK.'**

If you smoke a pack a day, you'll spend **\$4050** per year. If you quit, you could buy a 60" plasma TV and surround sound system, or take your family on a trip to Disney World.

Smoking also gives you bad breath, yellow teeth, lung cancer, heart disease, premature aging, ulcers, etc.

What
Would Make
You Stop
Using
Tobacco,
or
Never
Start?

**TOBACCO
FREE**



**SPORT &
RECREATION**