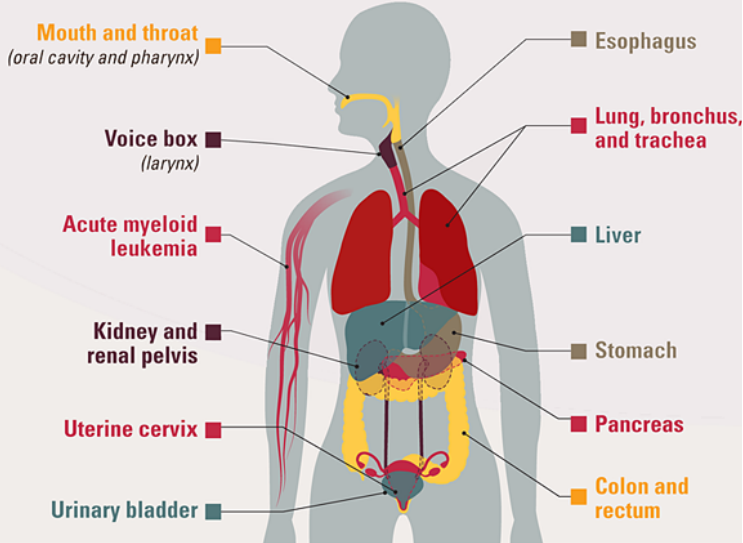


# CHAMPS LIFELINE

## TOBACCO & ALCOHOL USE

Tobacco use\* causes cancer throughout the body.



\* Tobacco use includes smoked (cigarettes and cigars) and smokeless (snuff and chewing tobacco) tobacco products that, to date, have been shown to cause cancer.

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Tobacco use remains the leading preventable cause of death in the US. In 2018, 34.2 million adults were current cigarette smokers. Of these, 75% smoked daily. **Smoking causes about 90% of lung cancers.** Smokers also have a 2 to 4 times higher risk than non-smokers to get heart disease.

E-cigarettes contain a high dose of nicotine and other harmful products, such as lead. Nicotine is highly addictive and can harm adolescent brain development.

According to the CDC, **8 or more alcoholic drinks per week is associated with increased health risks.**

**One drink is:**

- 12 ounces of beer,
- 8 ounces of malt liquor,
- 5 ounces of wine, **or**
- 1.5 ounces of 80-proof distilled spirits or liquor.

Heavy drinking can lead to long-term health risks such as high blood pressure, heart disease, stroke, liver disease, digestive problems and cancer.



Source: [cdc.gov/alcohol/factsheets/mens-health.htm](https://www.cdc.gov/alcohol/factsheets/mens-health.htm); Illustration by Chris Giganti

## Top 5 Tips

1. Avoid triggers.
2. Get the facts on health risks.
3. Be physically active.
4. Eat a balanced diet.
5. Find alternatives for stress relief.