



Great American Smokeout



What is it?

This event was first hosted by the American Cancer Society around 50 years ago to encourage people who smoke to adopt a smoke-free lifestyle, not just for a day, but for a whole year. Now it's held on the third Thursday of every November.



E-cigarettes & Vapes

E-cigarettes heat a liquid, known as e-liquid or e-juice, that turns it into an aerosol (sometimes called a "vapor"), and smokers inhale this into their lungs.

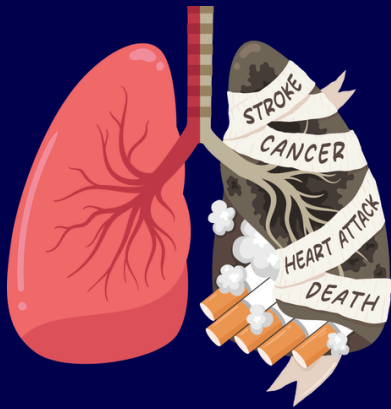
Although the term "vapor" may sound harmless, the aerosol that comes out of an e-cigarette is not water vapor, and can be harmful. In addition, most e-cigarettes contain nicotine, which harms the brain development of teenagers. If used during pregnancy, nicotine may also cause premature births and low birthweight babies.



Source: [cancer.org](https://www.cancer.org)

Health Risks

1. Smoking causes about 20% of all cancers and about 30% of all cancer deaths in the United States.



2. Tobacco use can be damaging to reproductive health. Women who smoke are more likely to have trouble getting pregnant. It also affects sperm health, which reduces fertility and increases the risk for miscarriages and birth defects.



3. Smoking is a major cause of coronary heart disease (CHD). The disease is the main cause of heart attacks, and it's the leading cause of death in the United States.

4. Smoke damage in the lungs can lead to serious long-term lung diseases such as chronic obstructive pulmonary disease (COPD).

**clear the air,
choose to care!**



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