

Final Script
August 31, 2012

ECHO Show
'The Harm of Commercial Tobacco in Our Community
Word count: 448

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People using tobacco.

Using tobacco can be dangerous. But even though people are much more aware of the dangers of tobacco, it is still a big problem. Tobacco causes thousands of deaths each year in Minnesota. Smoking is a leading cause of preventable death and disease in our state. It is a problem all over the country, and all over the world.

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Various tobacco products.

Cigarette smoking is still the most common use of commercial tobacco. But there are many kinds of tobacco products available. These include chewing tobacco, little cigars, cigarillos, hookahs and pipes. All of these are harmful and can cause death and disease.

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Ritual tobacco use

Many cultures use tobacco for ceremonial or sacred purposes. Traditional tobacco used for sacred or ritual celebrations is not harmful. But using commercial tobacco is harmful to your health and the health of others.

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Doctors and clinics

Medical studies show that tobacco use harms nearly every organ in the body. It can seriously damage the heart and lungs. Tobacco use can lead to many types of diseases, such as cancer, heart disease and emphysema.

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Chemistry lab.

Nicotine is the drug in tobacco that is very addictive. This means it makes your body want more and more. When tobacco is used, the nicotine moves to the brain very quickly and gives a pleasurable feeling. That's why most tobacco users have such a hard time quitting.

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People smoking near others.

Tobacco is also dangerous to others who aren't even using it. The smoke from tobacco is harmful to anyone nearby. This is called "secondhand smoke". It's very dangerous, especially for children. Secondhand smoke can cause problems in the ears and lungs, and even death among children.

-7-

Tobacco advertising.

Tobacco companies create advertisements to get people to buy their products. Many advertisements target children, teenagers, women and specific cultures, to encourage them to use tobacco. Pictures and words tell people to smoke, chew or use tobacco often. Many community leaders believe this advertising is unfair and harmful to these groups.

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Smiling families. Extinguishing cigarettes.

Tobacco can be deadly. It can cause many diseases and problems. It can be very hard to stop using. Your community might be targeted with advertising. But it's not all bad news. We know how tobacco affects our bodies and our minds. Quitting tobacco use is the best way to protect your health and those around you. And there are good ways to help you quit.

-9-

Families walking outdoors.

Tobacco products are addictive. But many people are able to quit every day. It might take a few tries at quitting to be successful. But it's worth the effort for your health and your family. If you use tobacco and find it hard to quit, ask your doctor or nurse for help. With support from family, friends and other help, you can quit for good.

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