



# Tobacco Myths

Debunked tobacco myths to help you quit smoking

## MYTH: It's too late to quit—the damage is already done

MYTH! Within 20 minutes of your last puff your lungs and body begin to heal. You will begin to reduce your risk for lung cancer, many other types of cancer, heart disease, stroke, and more. You will also begin to feel better and be able to do more things! No more coughing, wheezing, or shortness of breath slowing you down.

It is true that the longer you use tobacco, the more you hurt your body. But at any age, the sooner you quit, the sooner your health improves.

- [Is what you know about smoking wrong?](#)
- [Facts About Quitting Smoking](#)

## MYTH: Exercise balances out the negative effects of cigarettes

MYTH! Nothing balances out the negative effects of cigarettes except to stop smoking them. Smoking will lessen your endurance and make exercise and other activities like dancing, sports, or hiking more difficult. Why make exercise and the activities you love less enjoyable?

- [The Truth Behind the “Heathy Smoker” Myth](#)
- [Can you Exercise and Smoke?](#)



# Tobacco Myths Continued

## **MYTH: Secondhand smoke bothers people but it's not dangerous**

HUGE MYTH! Secondhand smoke kills. Since 1964, approximately 2.5 MILLION nonsmokers have died from health problems caused by secondhand smoke. There is no risk-free level of secondhand smoke exposure. Breathing the chemicals in tobacco smoke changes your blood's chemistry almost immediately. When you quit, you stop harming the loved ones around you. Learn the facts about secondhand smoke:

- [Secondhand Smoke Facts](#)

## **MYTH: It's expensive to quit smoking**

MYTH! Quitting smoking is a proven investment! The average pack of smokes in Texas is \$6.69. If you smoke a pack a week, that's \$350 a year. Pack a day for a year? \$2,442! 150 pieces of nicotine gum will cost you about \$50. There also are FREE quit smoking resources, like [YesQuit.org](#). You may also get nicotine replacement therapy for free through your insurance provider.

## **MYTH: E-cigarettes are a healthy alternative**

HUUUGE MYTH! E-cigarettes ARE NOT HEALTHY. Top brand e-cigarettes contain high levels of nicotine. When smoking e-cigarettes, you also inhale a dangerous aerosol. E-cigarettes and other electronic nicotine delivery systems are just a new kind of addiction. Want to know a few things that ARE true about e-cigarettes?

- There's a worsening youth e-cigarette epidemic, caused by kids getting addicted to nicotine in e-cigarettes.
- Non-smokers start smoking traditional cigarettes and tobacco products such as cigars and hookah because of e-cigarettes.
- People who have quit smoking tend to start smoking again due to e-cigarettes.

Sources can be found at <https://www.dshs.texas.gov/tobacco/RecommitSources>  
Questions? Email [tobacco.free@dshs.texas.gov](mailto:tobacco.free@dshs.texas.gov)