Don't be fooled, tobacco isn't cool. DON'T BE TRICKED, TOBACCO MAKES YOU SICK!

Be smart, don't start.

Effects of smokeless tobacco use

- Receding gums
- Bad breath
- Mouth sores
- Tooth loss
- Stained teeth
- Mouth cancer

What’s in a cigarette?

- Butane: Lighter fluid
- Cadmium: Batteries
- Hexamine: Barbecue lighter
- Toluene: Industrial solvent
- Ammonia: Toilet cleaner
- Nicotine: Insecticide
- Acetic acid: Vinegar
- Stearic acid: Candle wax
- Arsenic: Poison
- Carbon monoxide
- Methanol: Rocket fuel
- Methane: Sewer gas

Bring Tar Wars to your school or community.

Tar Wars is a tobacco-prevention program for fourth- and fifth-grade students, and is available free to schools. For information on presenting the program, contact AAFP Tar Wars or your state coordinator.

aafp.org/tarwars
tarwars@aafp.org
(800) TAR-WARS
Be smart, don't start tobacco use.

aafp.org/tarwars