

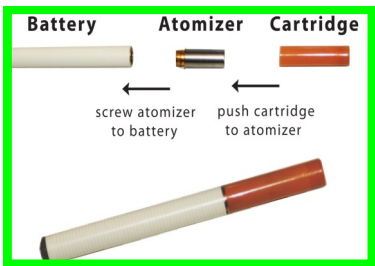


Tobacco



What is it?

- ◆ Tobacco is a leafy plant grown around the world, including parts of the United States
- ◆ Nicotine is the active ingredient (drug) in tobacco that can cause addiction
- ◆ There are over 7,000 chemicals in one cigarette some include: tar, carbon monoxide, acetone (nail polish remover), arsenic (rat poison), etc.
- ◆ About 70 of the chemicals in tobacco can cause cancer.



Street Names

There are many other names

- ◆ Smokes
- ◆ Cigs
- ◆ Butts
- ◆ Chew
- ◆ Dip
- ◆ Suff
- ◆ Vapes
- ◆ E-Cig

How is it used?

- ◆ Smoked (*Cigarettes, Cigars, E-Cigarettes, Hookah, Water Pipes, Bidis*)
- ◆ Placed between the cheeks and gums (*Chewing Tobacco & Dip*)
- ◆ Sniffed (*Snuff*)
- ◆ Dissolved in Mouth (*Lozenges*)

What are the side effects?

- ◆ Loss of sense of smell and taste
- ◆ Lowered lung capacity
- ◆ Premature aging of skin and teeth
- ◆ Harm to unborn baby if mother smokes while pregnant
- ◆ Cancer of the mouth, throat, voice box, stomach, lungs, pancreas, kidneys, bladder, and bone marrow
- ◆ Heart attack
- ◆ Stroke
- ◆ Respiratory problems/illness such as bronchitis, emphysema, & pneumonia
- ◆ Loss of vision—cataracts
- ◆ Tooth decay and loss
- ◆ Gum disease



Did You Know?

- ◆ Tobacco use is the leading cause of preventable disease, disability, and death in the United States. According to the CDC, cigarettes cause more than 480,000 premature deaths each year.
- ◆ Cigarette smokers are 20 times more likely to develop lung cancer than non smokers
- ◆ Smokeless tobacco (chew) use causes oral cancer, tooth loss, and gum disease
- ◆ Second Hand Smoke exposure can cause many of the same illnesses associated with smoking
- ◆ Electronic Cigarettes are not regulated by the FDA and there is not enough evidence that suggests they are less harmful than cigarettes