

Tobacco

WHAT ARE THE DIFFERENT FORMS OF TOBACCO?

- Cigarettes
- Cigars
- Pipes
- Chewing tobacco
- Kreteks
- Bidis
- hookahs

HOW IS TOBACCO USED?

Tobacco is smoked in the form of cigarettes, cigars, kreteks, bidis, hookahs and pipes. Kreteks, known as clove cigarettes, contain a mixture of tobacco and cloves. Bidis are grape, strawberry, vanilla and other candy-flavored or non-flavored cigarettes. Hookah, also called waterpipe smoking, is smoking flavored tobacco through a pipe. Tobacco is used orally in chewing tobacco. The user places the tobacco between the cheek and gums (this form is called chew), or between the lip and gums (this form is usually called dip). There are no forms of tobacco that are safe and non-addictive!

WHO USES TOBACCO?

- In 1998, 60 million Americans were current cigarette smokers (National Household Survey on Drug Abuse)
- 28 percent of all Americans aged 12 and older
- 7.6 million used smokeless tobacco

ADDICTIVE?

- Nicotine is one of the most heavily used addictive drugs in the United States.
- Nicotine is a stimulant and a sedative to the central nervous system. The use of nicotine results in a "kick", a pleasurable sensation like a high. Stimulation is followed by depression and fatigue, leading the user to seek more nicotine.
- When nicotine is taken into the lungs, it is transmitted to the brain in seconds. It causes the heart to beat more rapidly, drawing in and pushing out more blood. It also makes the veins and arteries constrict, thus requiring the heart to labor harder. This results in increased blood pressure and heart rate.
- Nicotine is absorbed through the skin and mucosal lining of the mouth and nose or by inhalation in the lungs.
- Cigarette smoking results in rapid distribution of nicotine throughout the body, reaching the brain within 10 seconds of inhalation. Cigar and pipe smokers typically do not inhale the smoke, so nicotine is absorbed more slowly through the mucosal membranes of their mouths. Nicotine from smokeless tobacco also is absorbed through the mucosal membranes.
- With regular use, levels of nicotine accumulate in the body during the day and persist overnight. Daily smokers or chewers are exposed to the effects of nicotine for 24 hours each day.
- Most cigarettes contain 10 milligrams (mg) or more of nicotine. Through inhaling smoke, the average smoker takes in 1 to 2 mg nicotine per cigarette.

- Stress and anxiety affect nicotine tolerance and dependence. Stress hormones reduce the effects of nicotine. More nicotine must be consumed to achieve the same effect. This increases tolerance to nicotine and leads to increased dependence.
- Despite the fact that tobacco is a stimulant, addicted smokers usually feel that smoking relaxes them. This feeling of relaxation is in reality the result of their having satisfied a physical craving. Smokers are constantly experiencing the symptoms of nicotine withdrawal, and drawing smoke into their lungs relieves these symptoms by satisfying their craving for the chemical.
- Almost all tobacco users, including those who use smokeless varieties, thus become physiologically and psychologically dependent on nicotine. When they stop using, the withdrawal symptoms they experience can
- Addiction results in withdrawal symptoms when a person tries to stop smoking. Symptoms may include:
 - Changes in heart rate, blood pressure, appetite, temperature, and digestion.
 - Increased anger, hostility, and aggression, and loss of social cooperation.
 - Withdrawal can also be accompanied by anxiety, insomnia, nausea, irritability, and fatigue.
 - Persons suffering from withdrawal take longer to regain emotional equilibrium following stress.

WHAT ARE THE HEALTH HAZARDS ASSOCIATED WITH TOBACCO?

- Cigarettes are composed of over 4,000 various chemical substances and gases, including nicotine, tar, and carbon monoxide.
 - Nicotine is a powerful addictive drug that produces pleasurable feelings in the brain.
 - The tar in a cigarette, (15 mg for a regular cigarette to 7 mg in a low-tar cigarette) exposes the user to a high expectancy rate of lung cancer, emphysema, and bronchial disorders.
 - Carbon monoxide impedes the ability of red blood cells to carry oxygen to bodily tissues, including heart and brain tissue. The lack of oxygen causes the heart to work harder and can lead to a thickening of the walls, thereby increasing the chance of cardiovascular disease and heart failure.
- Chewing tobacco contains over 2,000 chemicals, of which many are cancer-causing nitrosamines. These harmful chemicals are absorbed orally through the mouth. Nicotine in chewing tobacco reaches the brain more slowly than in cigarette smoke. However, smokeless tobacco contains more nicotine than cigarettes and can lead to an intensely strong addiction. Smokeless tobacco is a major cause of gum disease and cancers of the mouth and neck.
- Chewing tobacco stimulates saliva production
- Smoking releases the hormone epinephrine, which may create stress in the user.
- Smoking produces yellow teeth, bad breath, smelly clothes and hair, decreased athletic ability, and premature aging (leathery and wrinkly skin, gray hair)
- Smoking cigarettes increases pulse 10-20 beats and blood pressure 10-20 units.
- Smoking is also associated with impotence and infertility.
- Smoking is a major cause of stroke and the third leading cause of death in the United States.
- Smoking slows lung growth, decreases lung function, and reduces the oxygen available for muscles
- Tobacco use has been implicated in:
 - Cancers of the lungs, mouth, throat, larynx, esophagus, stomach, pancreas, uterus, cervix, kidney, bladder, and some forms of leukemia

- Cardiovascular disease, heart attack, fatal heart failure, and stroke
- Pulmonary diseases, such as sinusitis, bronchitis, pneumonia, emphysema, and tracheitis (inflammation of the trachea)
- Smoking during pregnancy is associated with reproductive complications, such as miscarriage, premature birth, low-birthweight babies, and babies with developmental problems. It also increases the likelihood of SIDS (Sudden Infant Death Syndrome). Nicotine depresses the appetite at a time when a woman should be gaining weight, and smoking reduces the ability of the lungs to absorb oxygen. Deprived of nourishment and oxygen, a fetus may not grow as fast and as much as it should.
- Passive smoke (i.e. secondhand smoke, environmental tobacco smoke) has been implicated in: increased, exacerbated episodes of asthma and respiratory illnesses among children; respiratory illness and distress, asthmatic and allergic responses, cardiovascular damage, and lung cancer among adults.
- Tobacco kills more than 430,000 U.S. citizens each year-more than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire, and AIDS combined.

If you don't smoke, the choice is up to you whether to start or not.

If you smoke already, it's possible to quit. Ask your doctor for help or call toll-free:

Kansas residents: 1-866-KAN-QUIT (1-866-526-7867) or go to www.kanstop.org

Missouri residents: 1-800-QUIT-NOW (1-800-784-8669) or go to www.smokefree.gov

REFERENCES

National Institute on Drug Abuse, Cigarettes and other Nicotine Products,
<http://www.drugabuse.gov/Infobox/tobacco.html>
Centers for Disease Control and Prevention <http://www.cdc.gov/tobacco/>
The Robert Wood Johnson Foundation: <http://www.rwjf.org>