

Tobacco

Smoking Tobacco:

Tobacco can be used in a variety of ways. Common ways to smoke tobacco include cigarettes, cigars, bidis, hookah, and pipes. The bottom line is that smoking tobacco in any form is harmful to your health. The health problems associated with smoking include cancers, lung disease, stroke, cataracts, heart disease, and many others. Nicotine is the highly addictive ingredient found in tobacco products. While some individuals will become addicted over a period of time, others may become addicted after using tobacco only once. Once addicted, quitting tobacco is extremely difficult.

Hookahs can also be called water pipe, nargile, sisha, goza and hubble bubble. It is a common misperception that smoking tobacco from a hookah is not as harmful as cigarettes. In fact, in a typical hookah session individuals are exposed to even higher levels of the same toxins that are in cigarettes. Smoking tobacco from a hookah has been linked to lung cancer, oral cancer, clogged arteries, and heart disease (to name a few).

Quick Links:

<http://www.cdc.gov/tobacco/>

http://www.who.int/tobacco/global_interaction/tobreg/Waterpipe%20recommendation_Final.pdf

Chew or Spit Tobacco:

Spit tobacco is the term used for any form of tobacco that is placed in the mouth. Spit tobacco can also be called oral or moist snuff, looseleaf, or plug.

Spit tobacco is not safer than cigarettes. Spit tobacco contains 28 ingredients that have been proven to cause cancer of the mouth, esophagus, pharynx, larynx, stomach, and pancreas. Using spit tobacco can also lead to a host of other health problems including gum disease, tooth decay, and lesions in the mouth.

The amount of nicotine absorbed from spit tobacco is 3 to 4 times the amount delivered by a cigarette. Nicotine is absorbed more slowly from spit tobacco than from cigarettes, but more nicotine per dose is absorbed from spit tobacco than from cigarettes. Also, the nicotine stays in the bloodstream for a longer time. Spit tobacco is just as addictive as cigarettes.

Quick Links

http://www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smokeless_Tobacco.asp

Quitting:

Quitting tobacco is not easy. In many cases, it may take more than one attempt. Remember, you are not alone! There are many local resources that can assist you in quitting.

For local resources to help you quit, visit

<http://www.washoecounty.us/health/cchs/stopsmoking.html>