

NICOTINE IS JUST THE BEGINNING . . .

Loaded with Toxic Ingredients

The most common form of tobacco used today is the cigarette. Besides nicotine, cigarettes contain over 7,000 other chemicals – and many of them are very scary:

- Ammonia, used in cleaning fluids
- Arsenic, a poison popular with exterminators
- Butane, the main ingredient in lighter fluid
- Cadmium, used in batteries
- Formaldehyde, an embalming fluid used in dead bodies
- Hydrogen Cyanide, a poison
- Methane, a type of gas

With a list of ingredients like that, it's no wonder they call cigarettes "cancer sticks."

Cigarettes aren't the only tobacco products loaded with nasty toxins: Smokeless tobacco also uses arsenic, cadmium, formaldehyde and other cancer-causing agents. Dip and chew also contain DDT, a poison used to kill insects. Cigars and pipe tobacco include many of these too, plus carbon monoxide and tar.

"NO THANKS"

How to Tell Your Friends that You Don't Smoke

- "Gross! I don't want bad breath and smelly hair."
- "Don't you know tobacco gives you cancer?"
- "No way. That stuff is really bad for your lungs."



THE TOBACCO FACTS

How much do you know about tobacco? Take this quiz and find out!

Choose the right answer to complete each sentence.

1. The addictive ingredient in tobacco is called ____.
a. Nicotine b. Methane
c. Snus d. Arsenic
2. Tobacco can be smoked, ____, or sniffed.
a. Injected b. Chewed
c. Swallowed d. Eaten
3. Cigarettes contain poisonous ingredients, such as ____.
a. Arsenic b. Formaldehyde
c. Butane d. All of the above.
4. ____ is a lung disease caused by smoking.
a. Emphysema b. Snuff
c. Nicotine d. Ammonia
5. Which is NOT a type of smokeless tobacco?
a. Snuff b. Cigar
c. Snus d. Chew

TOBACCO



Answers: 1. A, 2. B, 3. D, 4. A, 5. B

Printed on 30% Post-Consumer Recycled Paper

STAY SAFE SERIES

© 2014 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084
985-359-7848 • www.primoprevention.com • PSS-DA-05

NICOTINE NIGHTMARE



A KILLER CROP

How a Plant Gets You Addicted

We see tobacco use all the time: Movie stars smoke cigarettes on film, baseball players can be seen chewing tobacco in the dugout and cigar smoking is associated with wealth and class.

Tobacco is a valuable crop in the United States. Farmers grow this green plant, then dry out the leaves and grind them into the familiar dry, brown stuff that people smoke, chew, or sniff.

We've known for years that tobacco is bad for your body. So why do people keep using it?

That seemingly harmless plant contains a drug called nicotine. When you use tobacco, the nicotine immediately courses through your body and into your brain. It then causes your brain to release dopamine, a chemical that your brain releases when you do something fun. When you're addicted to nicotine, you have to keep using tobacco every time you want to feel the happy effects of dopamine. The more addicted you become, the more you'll have to use tobacco to get the same effect.

Tobacco is used in many different forms: cigarettes, cigars, pipes, chewing tobacco, snuff and snus ("snooze"). No matter how you use tobacco – smoking, chewing, sniffing – it's still a dangerous, addictive drug.



A SAFER CHOICE?

Cigars and Smokeless Tobacco

Some people think that cigars are safer than cigarettes, but that's just not true. Just one cigar can contain as much nicotine as an entire pack of cigarettes. That means that cigars are addictive, too. Pipe smokers face the same risks as cigarette smokers. When you use a pipe, you still breathe in a harmful amount of nicotine and other cancer-causing chemicals.

Smokeless tobacco – like dip or chew – is placed in your mouth. It may not go into your lungs, but it's just as addictive as cigarettes.

The three types of smokeless tobacco are:

- **Chewing tobacco** (sometimes called "dip" or "chew"). This is the most common form of smokeless tobacco and is usually sold in tins or pouches. It is inserted in the lip and the juices are spit out.
- **Snuff** is dried, ground tobacco that is sniffed or inhaled.
- **Snus**, a moist tobacco pouch that is placed under the lip and absorbed by the gums like chewing tobacco. Snus users don't have to spit like chew users.

BREAKING THE LAW

The Consequences of Underage Tobacco Use

It's illegal for anyone under a certain age to buy, use, or even possess tobacco items of any kind. Tobacco laws may vary by state, but they're all set to protect young people from addiction and harm.

Many teens don't take these laws seriously. Some have to find out the hard way. That's what happened to a group of Texas teens. It was an afternoon in October and some Houston teens left their campus on their lunch break. They walked across the street to a park to smoke a few cigarettes. A police officer drove by and saw them light up.

All five students were under the legal age limit for cigarettes and were charged with possession of tobacco. They had to pay a big fine and do community service.

Tobacco laws keep getting tougher. Besides fines and community service, getting caught with tobacco can land you in front of a judge, or get your driver's license taken away.

Is a cigarette worth it?



THINK TWICE BEFORE YOU SMOKE

The Effects of Tobacco Use – Now and Later

Tobacco is legal. So it can't be that harmful, right? Check out the short-term effects of smoking cigarettes, cigars and pipes and see what you think:

- Foul-smelling breath, hair, and clothes
- Trouble catching your breath
- Weakened immune system
- Wrinkly, dry skin
- Yellow, stained teeth

Basically, smoking harms your appearance and seriously hurts your athletic performance. The long-term effects are even worse:

- Emphysema
- Lung cancer
- Increased risk of heart disease and stroke
- Increased risk of cancers, including lips, mouth, throat and bladder
- Death

Smokeless tobacco is no better. Chew, dip, snuff and snus can lead to the same issues, including:

- Stained teeth
- Bad breath
- Tooth loss
- Gum disease
- Increased chance of stroke, heart disease and cancer
- Death