

TOBACCO

ALL USE IS ABUSE



SMOKING

- ◆ NICOTINE IS ADDICTIVE COMPONENT
- ◆ 4,000 CHEMICALS
- ◆ GASES & VAPORS CONDENSE IN THE LUNGS
- ◆ FORM A THICK, BROWNISH SLUDGE... TAR!
- ◆ TAR CONTAINS CARCINOGENS
- ◆ IMPAIRS THE CILIA, SO
 - TARS ACCUMULATE IN THE LUNGS
- ◆ CARBON MONOXIDE INTERFERES WITH OXYGEN

NICOTINE

- ◆ POWERFUL STIMULANT
 - ALERT MENTAL STATE
 - INCREASE HEART RATE, RESPIRATION
 - CONSTRICTS BLOOD VESSELS
 - INCREASES BLOOD PRESSURE
 - DECREASES STOMACH CONTRACTIONS THAT SIGNAL HUNGER - FOOD INTAKE
- ◆ NICOTINE POISONING
 - DIZZY, RAPID PULSE, CLAMMY SKIN, VOMIT, DIARRHEA... BUT TOLERANCE IS RAPID!

HEALTH HAZARDS

- ◆ CANCER
 - LUNG, ORAL, KIDNEY, BLADDER, PANCREATIC
- ◆ HEART/CIRCULATORY DISEASES
 - 70% HIGHER CHANCE FOR CVD & 200% FOR HEAVY SMOKERS,
 - » ATHEROSCLEROSIS... <HDL'S
 - » PLATELET ADHESIVENESS
 - » IRREGULAR HEART BEATS
- ◆ STOP SMOKING
 - RISK OF DYING FROM TOBACCO RELATED CAUSES REDUCED BY
 - » 1/2 AFTER 1 YEAR
 - » AFTER 10-15 YRS = SIMILAR TO NONSMOKERS

MORE HEALTH HAZARDS

- ◆ STROKE
 - (2X AS LIKELY FOR SMOKERS)
- ◆ RESPIRATORY DISEASES
 - MISS MORE WORK,
 - CHRONIC BRONCHITIS ..
 - EMPHYSEMA
 - » DESTRUCTION OF ALVEOLI
 - » USE 90% OF THEIR ENERGY TO BREATHE
- ◆ GUM DISEASE
- ◆ QUALITY OF ALL LIFE IS LESSENED!



WOMEN & SMOKING

- ◆ CERVICAL CANCER
- ◆ SMOKE & ORAL CONTRACEPTIVES
 - GREATER RISK OF HEART DISEASE & STROKE
- ◆ PREGNANCY AND FETUS
 - MISCARRIAGES & INFANT MORTALITY
 - SUDDEN INFANT DEATH SYNDROME (SIDS)
- ◆ MENOPAUSE BEGINS 1 TO 2 YRS. EARLIER



ENVIRONMENTAL SMOKE

- ◆ **SECONDHAND SMOKE**
 - MORE RISKS TO NONSMOKERS
 - 2X AS MUCH TAR & NICOTINE
 - 5X AS MUCH CARBON DIOXIDE
- ◆ **MORE DEATHS THAN OTHER POLLUTANTS**
 - LUNG CANCER, CVD, RESPIRATORY
- ◆ **CHILDREN OF SMOKERS**
 - MORE RESPIRATORY INFECTIONS
 - MORE SIDS

SMOKELESS TOBACCO



- ◆ **MAJOR RISK = LEUKOPLAKIA**
- ◆ **SMOKELESS TOBACCO CONTAINS**
 - 10X THE AMOUNT OF CANCER-PRODUCING SUBSTANCES FOUND IN CIGARETTES
- ◆ **CANCERS OF THE LIPS, GUMS, TONGUE, ETC**

QUITTING

- ◆ **NICOTINE WITHDRAWAL**
- ◆ **ONE OF HARDEST ADDICTIONS TO OVERCOME**
- ◆ **NICOTINE-REPLACEMENT PROGRAMS**
- ◆ **COLD TURKEY: FREE OF NICOTINE IN 48 HOURS**
- ◆ **EVERYONE IS AFFECTED BY IT**
 - FINANCIAL
 - PRODUCTIVITY
 - LIVES
 - INSURANCE PREMIUMS

BENEFITS OF QUITTING

- ◆ **20 MIN**
 - BLOOD PRESSURE, CIRCULATION
- ◆ **8 HOURS**
 - OXYGEN LEVEL NORMAL, CARBON DIOXIDE LEVEL DOWN
- ◆ **24 HOURS**
 - RISK OF HEART ATTACK DECREASES

BENEFITS OF QUITTING CONT.

- ◆ **3 DAYS LATER**
 - BREATHING & TASTE IMPROVE
 - BODY FREE OF NICOTINE
- ◆ **ONE MONTH LATER**
 - MORE ENERGY
- ◆ **TEN YEARS LATER**
 - RISK OF DEATH FROM CANCER & CVD SIMILAR TO A NON SMOKER

CAFFEINE



**MOST POPULAR
AND WIDELY
CONSUMED
DRUG IN THE
UNITED
STATES**

