

# TOBACCO



Don't be a  
Butthead



# Tobacco



- Contains **NICOTINE** -- the addictive drug in tobacco; triggers the release of stress hormones.
- **Nicotine** is classified as a **Stimulant** -- a drug that increases the action of the CNS, the heart, and other organs.
- Tobacco contains about 69-70 known carcinogens (CDC.gov 2011)
- Tobacco has the **highest amount of individuals that die every day in the U.S.**
- Tobacco companies “Big Tobacco” targets today’s youth to make up for tobacco related deaths (all about the \$).

**Cancer-causing Chemicals**

- Formaldehyde: Used to embalm dead bodies
- Benzene: Found in gasoline
- Polonium 210: Radioactive and very toxic
- Vinyl chloride: Used to make pipes

**Toxic Metals**

- Chromium: Used to make steel
- Arsenic: Used in pesticides
- Lead: Once used in paint
- Cadmium: Used in making batteries

**Poison Gases**

- Carbon monoxide: Found in car exhaust
- Hydrogen cyanide: Used in chemical weapons
- Ammonia: Used in household cleaners
- Butane: Used in lighter fluid
- Toluene: Found in paint thinners

Tobacco smoke contains a deadly mix of **more than 7,000 chemicals**. Hundreds are toxic. About 70 can cause cancer. Here are some of the chemicals.

# Cigarettes



- Contain over 7,000 chemicals in a puff of smoke (CDC.gov 2011)!!!!!!
- Include **carcinogens - cancer causing agents**
- **Tar-** is the main cancer causing agent in tobacco.
- Also has arsenic, butane, and acetone

**HIDDEN DANGER**

There are over 4,000 chemicals in cigarettes and cigarette smoke.

These are some of the harmful chemicals smokers inhale.

Chemical	Description
AMMONIA	It helps you to absorb more nicotine - keeping you hooked all smoking.
FORMALDEHYDE	It causes cancer, and can damage your lungs, skin and digestive system. Embalmers use it to preserve dead bodies.
LEAD	Exposure to lead is most dangerous for young and unborn children.
BENZOPYRENE	You'll find it in coal tar and cigarette smoke. It's one of the most potent cancer-causing chemicals in the world.
ARSENIC	This deadly poison makes your lips burn and your breath turn black.
PROPYLENE GLYCOL (PART OF ANTIFREEZE)	It sets the delivery of nicotine - tobacco's addictive drug - to the brain.
METHOPRENE	A chemical used to get rid of fleas on your pet.
TURPENTINE	Turpentine is toxic. It is commonly used as a paint thinner or thinner.
ACETONE	It's one of the active ingredients in nail polish remover.
CADMIUM	It can cause damage to the brain, kidneys, and stays in the body for years.
BENZENE	The cancer-causing chemical is used to make everything from pesticides to detergent to gasoline.
BUTANE	Highly flammable. It's one of the key components of gasoline.

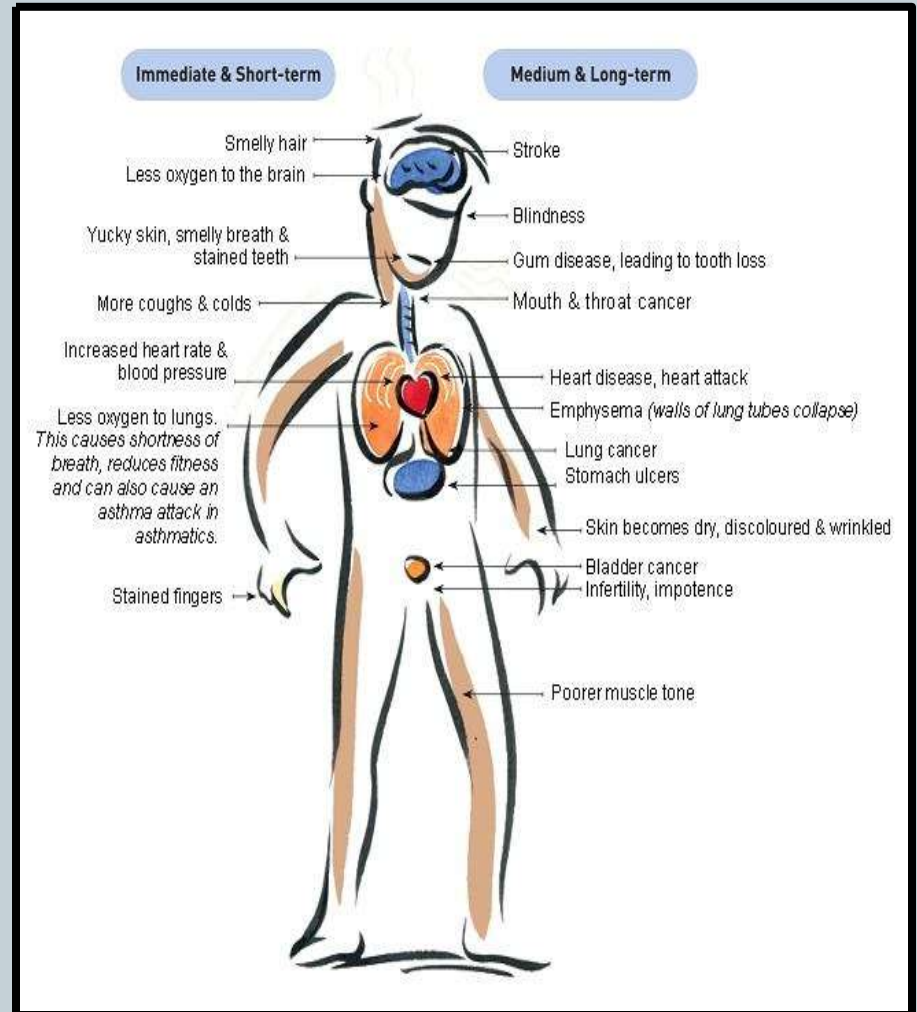
When used as intended the non-tobacco products shown are safe. The products shown contain chemicals found in cigarettes or cigarette smoke. The products themselves are not added to cigarettes.

Health of WI

Health of WI

# Short Term Effects of Smoking on Body

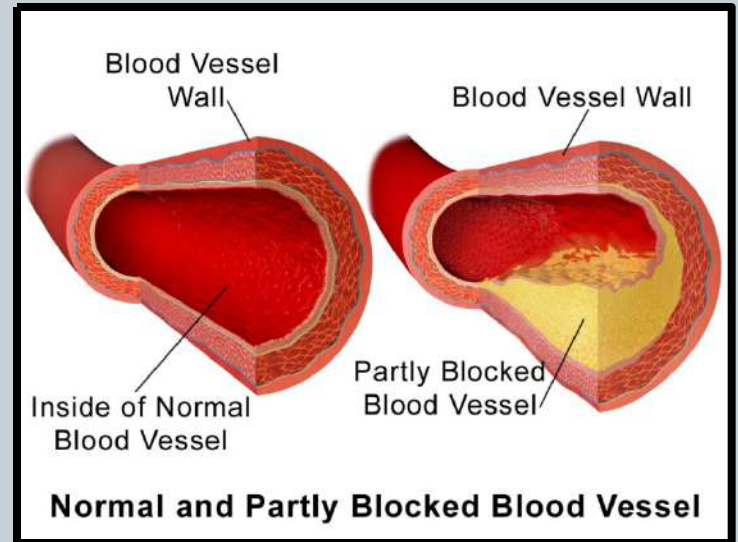
- **Mouth** -- bad breath, yellow teeth
- **Senses** – dulls the ability to smell & taste normally\*
- **Lungs** – reduces lung capacity; efficiency of lungs decrease.
- **Reduces stamina**\*
- **Shortness of breath**
- **Fingers** -- yellow stains and fingers smell.
- **Wrinkles skin**



# Effects (cont.)



- **Cardiovascular** -- Nicotine causes blood vessels to constrict, forcing the heart to pump faster and increase blood pressure. Greater chance of stroke and cardiovascular disease.
- **WARNING- This is really gross**
- **Carbon Monoxide** -- poisonous gas when tobacco burns that cause oxygen transportation to be less efficient.



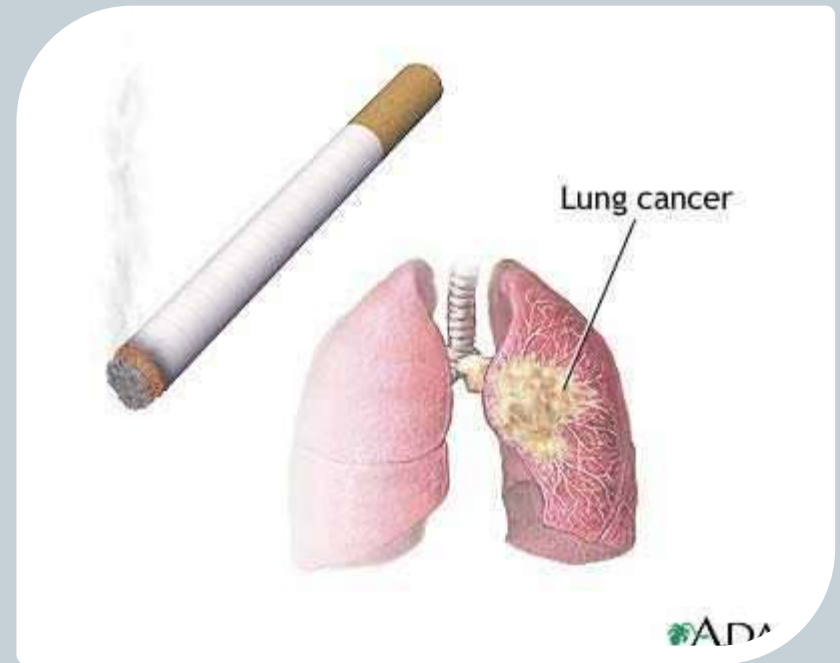
# Leading causes of death from Cigarettes

- **Cancer**

- #1 cause of lung cancer
- Accounts for 80% of all lung cancer deaths.

- **Heart disease**

- Smoking accounts for 1/3 of all deaths.
- Heart disease is the United States #1 killer.
- [Smoker's lung Vine](#)





# Passive Smoking

- **Mainstream** -- The smoke that is exhaled by the smoker.
- **Sidestream Smoke** -- smoke that enters the air from the burning tip of the cigarette. (Worst kind)
- **“Second hand” Smoke**--made up of side stream smoke and exhaled mainstream smoke, mixed with the surrounding air.
- **“Third-hand“ or “Passive” Smoke** --cigarette byproducts that cling to smokers' hair and clothing as well as to household fabrics, carpets and surfaces — even after secondhand smoke has cleared. **Involuntarily inhaling**



# Smokeless Tobacco

What are some  
smokeless tobacco  
products?



- Greater risk of mouth or lung cancer than smoking.
- **Leukoplakia** -- thickened, white, leathery appearing spots inside mouth.
  - Tongue, cheeks, gums, throat
- Can develop into cancer.
- **\*\*On the Test!!\*\***
- **WARNING-** Gross pictures ahead



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# Quitting & Ways to Start

- Remind yourself of the benefits
- Find ways to replace tobacco
  - ✦ Gum, suckers, toothpicks, nicotine patches, etc.
- Seek Support
  - ✦ [SmokefreeTXT](#)
  - ✦ [QuitStartAPP](#)
  - ✦ [LiveHelpChat](#)
- [Quit Smoking Timeline](#)
- It takes **10 years** after quitting for a smoker's risks of lung cancer to be the same as a non smoker

What are some of the benefits of quitting?

