Tobacco products are any products that contain nicotine. Tobacco use is the single largest preventable cause of disease and death in the United States. There are thousands of other chemicals in tobacco products that damage nearly every organ in the user’s body.

Nicotine is the chemical that makes tobacco addictive. All tobacco products contain nicotine, which means that using any tobacco product can lead to addiction.

Even when people who use tobacco products want to quit, often nicotine has changed their brain, causing cravings for more of it.

Tobacco can come in many forms. While each type of tobacco carries it’s own risks, as previously mentioned, all tobacco products contain highly addictive nicotine.

- Cigarettes
- Cigars
- Smokeless tobacco
- Hookas
- E-cigarettes

As of 2019, no one under the age of 21 can purchase tobacco products. However, the United States still faces an epidemic of youth tobacco use. More than 2.5 million youth use tobacco products, with e-cigarettes being by-far the most common.

Identifying youth tobacco use can be difficult, especially vaping because it can be odorless or smell sweet. Adults should look for changes in behavior. Youth may become more secretive, or angry and aggressive if experiencing withdrawal. Physical symptoms may include increases in dry coughing, wheezing, shortness of breath, and lung infections. Nicotine can affect school performance by causing concentration issues and memory loss.

- 1 in 4 youth users smoke e-cigarettes daily.
- LGBTQ youth experience roughly double the rates of tobacco use than their peers, with transgender students being most affected.
- 13.4% of high school students and 4% of middle school students reported using tobacco within a 30-day period.

Source: www.fda.gov
**Cigarettes**

Cigarettes are responsible for the vast majority of tobacco-related disease and death in the United States. There are over 7,000 chemicals in one cigarette, 70+ are known carcinogens. Cigarettes can also cause heart attack, stroke, lung disease, and gum disease. Smoking will kill half of the users that don’t quit.

**Cigars**

Cigars are not a safe alternative to cigarettes. Cigar smoke is at least as toxic as cigarette smoke, if not more. Large cigars can deliver as much as 10 times the nicotine, two times the tar, and more than five times the carbon monoxide of a filtered cigarette. Cigars are not less addictive and do not present less health risks than cigarettes.

**E-cigarettes**

Vapes, vaporizers, vape pens, hookah pens, electronic cigarettes (e-cigarettes or e-cigs), e-cigars, and e-pipes are some of the many tobacco product terms used to describe electronic nicotine delivery systems (ENDS). There is not enough evidence to show that ENDS are successful cessation tools for cigarette smokers, and there is also not enough evidence to say what the long-term health affects will be from using these products. The United States has a growing youth epidemic with e-cigarette use. For more information regarding the youth tobacco use, see the section titled as such.

**Smokeless tobacco**

Smokeless tobacco includes, dip, snuff, snus, and chewing tobacco. Many users think that smokeless tobacco is less dangerous than cigarettes but that is not the case. There are more than 30 chemicals in smokeless tobacco that are known to be cancer-causing. Smokeless tobacco in all forms can cause gum-disease, gingivitis, periodontitis, cavities, and tooth-loss. Use may also increase risk of heart-disease and stroke.

**Hookas**

Hookah, often called waterpipe, exposes users to many of the same chemicals as cigarette use. However, users absorb even more of these chemicals. There is between 100 and 200 times the volume of smoke compared to a cigarette, because the smoking sessions are much longer. Hookah users are at risk for the same diseases caused by cigarette use.

Source: www.fda.gov
REDDY TO QUIT?

KNOW THE FACTS

Quitting any form of tobacco can be difficult. There are phone lines, text systems, and apps that can all be used to help users looking to quit. Visit smokefree.gov for resources and to help build a plan designed for you! Reach out to your provider for more information and help regarding quitting tobacco use.

BUILD A PLAN

Set a quit date in the near future that gives you enough time to prepare. Let others in your life know that you’re planning on quitting. Surround yourself with people that are supportive of your decision to quit. Think about the many reasons for quitting, there is a section below to help a list of reasons started. Calculate how much you will save once you quit smoking, a pack-a-day smoker can save over $2,200 in a year!

FIGHT CRAVINGS

Cravings can be difficult. Consider consulting your provider regarding nicotine replacement therapy (NRT). To the right are other common strategies to help beat the urge to smoke.

- Chew gum or drink water
- Exercise
- Call a friend or helpline
- Take deep breaths
- Remind yourself why you want to quit

UNDERSTANDING TRIGGERS

There are three categories of triggers; emotional, social, and everyday. What makes you more likely to smoke? Stress, anger, happiness, boredom, loneliness, etc.? These are examples of emotional triggers. Social triggers include being around others who smoke, smelling smoke, holidays, drinking alcohol, etc. Everyday triggers can be a wide variety, including work or school, texting or talking on the phone, watching TV, finishing a meal, drinking coffee, etc. Once you identify triggers it can be easier to implement strategies that work for you. Visit smokefree.gov to build a quitting plan that works for your triggers.

REASONS FOR QUITTING

Identifying why you want to quit can help keep you motivated. There are many reasons to quit but some include: living longer and healthier, saving money, taking control of your life, for the health of friends and family, for pets, to set a good example, and to look or smell better. Write your motivators down and remember them through the quitting journey!

Source: smokefree.gov