

TYPES OF TOBACCO PRODUCTS

There is no safe form of tobacco use. All forms contain nicotine and can cause addiction and health problems.

Bidis



Bidis (pronounced "bee-dees") are small, thin hand-rolled cigarettes imported to the United States primarily from India and other Southeast Asian countries. They consist of tobacco wrapped in a tendu or temburni leaf (plants native to Asia), and may be secured with a colorful string at one or both ends. Bidis can be flavored (e.g., chocolate, cherry, mango) or unflavored.

Bidi smoking is associated with an increased risk for oral, lung, stomach, and esophageal cancer and an increased risk for coronary heart disease and heart attacks, and risk for chronic bronchitis.

Bidis are carcinogenic. There is no evidence to indicate that bidis are safer than conventional cigarettes. They have higher concentrations of nicotine, tar, and carbon monoxide than conventional cigarettes sold in the United States, so are even more addictive than cigarettes.

Source: CDC Fact Sheets- Bidis and Kreteks

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/bidis_kreteks/index.htm obtained July 15, 2009

Picture from Trinkets and Trash- www.trinketsandtrash.org

Chew- see Smokeless Tobacco

Cigarettes



A cigarette is a combination of cured and finely cut tobacco, reconstituted tobacco and other additives rolled or stuffed into a paper-wrapped cylinder. Many cigarettes have a filter on one end.

More than 4,000 different chemicals have been found in tobacco and tobacco smoke. Among these are more than 60 chemicals that are known to cause cancer.

Studies have proven that smoking cigarettes causes cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas, and stomach, and causes acute myeloid leukemia. It also causes heart disease and stroke.

Sources: Wikipedia- <http://en.wikipedia.org/wiki/Cigarette>, sharing license at <http://creativecommons.org/licenses/by-sa/3.0/>

Center for Disease Control and Prevention, Health Effects of Cigarette Smoking - http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/HealthEffectsofCigaretteSmoking obtained July 22, 2009

Cigars, Cigarillos and Little Cigars



Most cigars are made up of a single type of air-cured or dried tobacco. Cigar tobacco leaves are first aged for about a year and then fermented in a multi-step process that can take from 3 to 5 months. Fermentation causes chemical and bacterial reactions that change the tobacco. This is what gives cigars a different taste and smell from cigarettes.



Regular cigars are larger than cigarettes and do not have a filter. Little cigars or cigarillos are very similar in size and shape of cigarettes, have filters and are filled with pipe tobacco. Little cigars are often flavored (e.g., chocolate, cherry, apple, mango). They are sold in packs of 20 just like cigarettes or singly.

Cigars contain higher level of nicotine than cigarettes. For those cigar smokers who inhale, the nicotine is absorbed through the lungs as quickly as it is with cigarettes. For those who do not inhale, the nicotine is absorbed more slowly through the lining of the mouth.

Studies have shown that cigar smoking is linked to cancers of the mouth, lips, tongue, throat, larynx, lung, pancreas and bladder cancer. Cigar smoking, like cigarette smoking, is also linked to gum disease, where the gums shrink away from the teeth. It also raises your risk that teeth will actually fall out.

A study completed in 2000 found cigar smoking, like cigarette smoking, is linked to sexual impotence in men (an inability to get an erection, known as erectile dysfunction).

Sources: American Cancer Society fact sheet

http://www.cancer.org/docroot/PED/content/PED_10_2X_Cigar_Smoking.asp- obtained July 15,2009

Netwellness.org- <http://www.netwellness.org/question.cfm/40539.htm> obtained July 15, 2009

Wikipedia- <http://en.wikipedia.org/wiki/Cigar>, sharing license at <http://creativecommons.org/licenses/by-sa/3.0/>

Trinkets and Trash- www.trinketsandtrash.org

Dip- see Smokeless Tobacco



Dissolvable Tobacco

This type of tobacco is finely processed to dissolve on the tongue or in the mouth. Varieties include strips, sticks,orbs and compressed tobacco lozenges. They are smoke and spit free, are held together by food-grade binders and look similar to a breath mint or candy.

Since this product is very new to the market, research has not been conducted on the health effects. This product does contain nicotine. Smokeless tobacco products are known to cause significant health risks and are not a safe substitute for smoking tobacco.



Source: Wikipedia-, http://en.wikipedia.org/wiki/Tobacco_productssharing license at <http://creativecommons.org/licenses/by-sa/3.0/>

Picture from Trinkets and Trash www.TrinketsandTrash.org

Electronic cigarette or E- cigarette (nicotine delivery system)



The e-cigarette is a battery-powered device that contains a cartridge filled with nicotine, flavor and other chemicals. The e-cigarette is not a tobacco product but a nicotine delivery system. The e-cigarette turns the nicotine and other chemicals into a vapor that is then inhaled by the user. The user will puff on it, similar to a cigarette, and receive a vaporized solution of propylene

glycol/nicotine. There is no tobacco or burning of tobacco involved and the e-cigarette produces no smoke. It does produce a fine, heated mist.

The e-cigarette often looks like a real cigarette and some have a glowing tip. Other models look similar to a ball point pen. Most electronic cigarettes are reusable.

Re-fillable and replaceable cartridges are available with different nicotine levels and flavors such as menthol, cherry, chocolate, mint, and orange. There are also cartridges available that state they contain no nicotine, although the US Food and Drug Administration (FDA) conducted studies showing that these cartridges do contain nicotine.

This product is often marketed as an alternative to smoking or an aid in quitting but the World Health Organization claims there are no studies showing that the electronic cigarette is a safe and effective nicotine replacement therapy and no scientific evidence to confirm the product's safety. Recent studies by the FDA show that the e-cigarette contains known carcinogens and toxic chemicals that are harmful to the user.

Sources Wikipedia- http://en.wikipedia.org/wiki/Electronic_cigarette, sharing license at <http://creativecommons.org/licenses/by-sa/3.0/>

World Health Organization [Marketers of electronic cigarettes should halt unproved therapy claims – http://www.who.int/mediacentre/news/releases/2008/pr34/en/index.html](http://www.who.int/mediacentre/news/releases/2008/pr34/en/index.html) obtained July 22, 2009

US Food and Drug Administration, Summary of Results: Laboratory Analysis of Electronic Cigarettes Conducted By FDA <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm> obtained July 23, 2009

Hookah



Hookah is a pipe used to smoke Shisha, a combination of tobacco and fruit or vegetable that is heated and the smoke is filtrated through water. The Hookah consists of a head, body water bowl and hose. The tobacco or Shisha is heated in the hookah usually using charcoal.

According to a World Health Organization advisory, a typical one-hour session of hookah smoking exposes the user to 100 to 200 times the volume of smoke inhaled from a single cigarette. Even after passing through water, tobacco smoke still contains high levels of toxic compounds, including carbon monoxide, heavy metals and cancer-causing chemicals (carcinogens). Hookah smoking also delivers significant levels of nicotine — the addictive substance in tobacco.

Hookah smoking has been associated with lung, mouth and other cancers, heart disease and respiratory infections.

The substances used to heat the tobacco also produce carbon monoxide, heavy metals and cancer causing chemicals, creating it own health hazards.

Sharing the mouthpiece of the Hookah has been associated with mouth and other infections including herpes, tuberculosis and hepatitis.

Hookah smoking is no safer than other forms of tobacco use.

Source- WHO Study Group on Tobacco Product Regulation. Advisory note: Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators. World Health Organization, 2005.
http://www.who.int/tobacco/global_interaction/tobreg/waterpipe/en/index.html obtained July 15, 2009

Picture from <http://www.hookahculture.com/hookah5.jpg>

Kreteks



Kreteks (pronounced "cree-techs") are sometimes referred to as clove cigarettes. Kreteks are imported from Indonesia, and typically contain a mixture consisting of tobacco, cloves, and other additives. As with bidis, standardized machine-smoking analyses indicate that kreteks deliver more nicotine, carbon monoxide, and tar than conventional cigarettes.

Kretek smoking is associated with an increased risk for acute lung injury, especially among susceptible individuals with asthma or respiratory infections. Research shows that regular kretek smokers have 13–20 times the risk for abnormal lung function compared with nonsmokers.

There is no evidence to indicate that kreteks are safe alternatives to conventional cigarettes.

Source: CDC Fact Sheets- Bidis and Kreteks

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/bidis_kreteks/index.htm obtained July 15, 2009

Picture from Trinkets and Trash- www.trinketsandtrash.org

Pipe



Pipes are often reusable and consist of a chamber or bowl, stem and mouthpiece. Tobacco is placed into the bowl and lit. The smoke is then drawn through the stem and mouthpiece and inhaled.

Pipe smoking has been shown to cause gum disease and tooth loss,



cancer of the mouth, lip, tongue, throat, larynx, lung, pancreas, kidney, bladder, colon, and cervix as well as leukemia and diseases such as chronic obstructive lung disease, stroke, and coronary heart disease. Pipe smoking can also cause "hairy

tongue," furry-looking bumps on the tongue that can become stained by tobacco, making the tongue look discolored or black.

Source: <http://www.ahealthyme.com/topic/pipes> obtained August 3, 2009

Wikipedia- http://en.wikipedia.org/wiki/Pipe_smoking, sharing license at <http://creativecommons.org/licenses/by-sa/3.0/>

Smokeless Tobacco



The two main types of smokeless tobacco in the United States are chewing tobacco and snuff. Chewing tobacco comes in the form of loose leaf, plug, or twist. Snuff is finely ground tobacco that can be dry, moist, or in sachets (tea bag-like pouches).



Although some forms of snuff can be used by sniffing or inhaling into the nose, most smokeless tobacco users place the product in their cheek or between their gum and cheek. Users then suck on the tobacco and spit out the tobacco juices, which is why smokeless tobacco is often referred to as spit or spitting tobacco. The nicotine in this tobacco is absorbed primarily through the skin in the mouth.

Smokeless tobacco is a significant health risk and is not a safe substitute for smoking cigarettes.

Smokeless tobacco contains 28 cancer-causing agents (carcinogens). It increases the risk of developing cancer of the oral cavity, is strongly associated with leukoplakia (a lesion of the soft tissue in the mouth that consists of a white patch or plaque that cannot be scraped off) and recession of the gums.

Using smokeless tobacco can lead to nicotine addiction and dependence and is not a safe alternative to smoking.

Source- CDC Fact Sheets- Smokeless Tobacco,

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm Obtained July 15, 2009

Snuff - see Smokeless Tobacco

Snus- see Smokeless Tobacco

Spit tobacco -see Smokeless Tobacco