

Tobacco is Tobacco. No Matter the Type

Tobacco use raises heart rate, blood pressure, constricts blood vessels, irritates lung tissue, and reduces your ability to taste and smell. It can be processed, dried, rolled, and smoked as: cigarettes and cigars, or can come in the form of loose-leaf tobacco and smoked in pipes or hookahs. Tobacco also comes in a smokeless form known as chewing tobacco, spit, or dip.

Health Risks with all Forms of Tobacco

Cancer
Frequent Colds
Chronic Bronchitis
Emphysema
Stroke
Heart Disease

Other Harmful Effects

Stained Teeth
Bad Breath
Premature Wrinkles
Loss of Taste and Smell

Appeal of Products

Do the flavors of grape, strawberry, and banana-flavored bubblegum sound appealing to you? If so, don't look in the candy aisle. These flavors are in the tobacco section at your local convenience store. The bright, shiny, colored packaging isn't meant to draw the eye of seasoned tobacco users, but rather to get the attention of youth and hook them on tobacco products, and they do. Many younger smokers gravitate to the flavored products for several reasons. Kids believe that smoking a flavored cigar or cigarillo, a "little cigar," is less harmful than smoking a cigarette. While the tobacco companies claim they don't market to kids, they use flavorings, bright wrappers, and containers that look similar to candy to entice kids to try these products.

For more information please contact:

www.FrederickCountyMD.gov/FCHD/TobaccoFree
301-600-1755

Tobacco comes in many forms....but none are safe

Hookahs

Hookahs are water pipes that are used to smoke specially made tobacco that is usually flavored. Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person. Like cigarettes, hookah smoking provides users with the addictive drug nicotine. While many hookah smokers may believe this practice is less harmful than smoking cigarettes, it carries many of the same health risks.

Health Risks:

- Tobacco from hookahs irritate the mouth and increase the risk of developing oral cancers.
- Hookah tobacco and smoke contain many chemicals that can cause heart disease and clogged arteries.
- Hookah smokers may be at risk for some of the same diseases as cigarette smokers are such as: oral cancer, lung cancer, stomach cancer, reduced lung function, and reduced fertility.

Did You Know?

- Sharing a hookah mouthpiece can spread herpes, the flu, colds, and other infections.
- Just like regular tobacco, hookah smoke contains nicotine. In a 60-minute hookah session, smokers are exposed to 100-200 times the volume inhaled from a single cigarette.

Cigars

Cigars are a roll of tobacco wrapped in leaf tobacco or in a substance that contains tobacco. The difference between cigars and cigarettes is that cigarettes are wrapped in paper that does not contain tobacco.

Health Risks:

- Cigar smoking is linked to gum disease and tooth loss.
- Heavy smokers may be at increased risk for developing heart and lung disease.
- Regular cigar smoking is associated with an increased risk for numerous forms of cancer.

Did You Know?

- Cigars can contain up to 70 times as much nicotine as cigarettes.
- Cigar smokers may spend up to an hour smoking a single large cigar that can contain as much tobacco as a pack of cigarettes.

Middle and High School Cigar Smokers in Frederick County

According to the 2014 Youth Risk Behavior Survey (YRBS),

- 2.6% of middle schoolers in Frederick County currently smoke cigars.
- 9.6% of high schoolers in Frederick County currently smoke cigars.

Good News! 93.9% of Frederick County middle and high school students chose not to smoke cigars.

Smokeless Tobacco

Smokeless tobacco is tobacco that is not burned. It is also known as chewing tobacco, oral tobacco, spit, dip, chew, and snuff. Remember that just because it is smokeless, does not mean its safe; there are at least 28 chemicals in smokeless tobacco that have been found to cause cancer.

Health Risks:

- Can lead to nicotine addiction
- Causes cancer of the mouth, esophagus, and pancreas
- Can increase complications during pregnancy
- Can cause nicotine poisoning in children
- May increase the risk of death from heart disease and stroke



Did You Know?

- Smokeless users have an 80% higher risk of oral cancer and a 60% higher risk of pancreatic and esophageal cancer than other smokers.
- The amount of nicotine absorbed from a dip of moist snuff tobacco is three to four times the amount delivered by a cigarette.

Middle and High School Smokeless Tobacco Users in Frederick County

According to the 2014 Youth Risk Behavior Survey (YRBS),
1.7% of middle schoolers in Frederick County currently use smokeless tobacco products.
6.1% of high schoolers in Frederick County currently use smokeless tobacco products.

Good News! 96.1% of middle and high school students chose not to use smokeless tobacco.

Fact:

60 Minutes of Hookah



100 Cigarettes

