IT'S NOT JUST CIGARETTES
Presented by Forsyth Teens

OTHER TOBACCO PRODUCES

Hookah

Hookah smoking is safer than cigarette smoking.

True False

FALSE!
HOOKAH SMOKE CONTAINS HIGH LEVELS OF TOXIC COMPOUNDS INCLUDING:
CARBON MONOXIDE, HEAVY METALS AND CANCER-CAUSING CHEMICALS, INCLUDING HIGHER LEVELS OF ARSENIC, LEAD, AND NICKEL.
IN FACT, HOOKAH SMOKERS ARE EXPOSED TO 3 TIMES MORE CARBON MONOXIDE AND SMOKE THAN ARE CIGARETTE SMOKERS.
COMPARED TO A SINGLE CIGARETTE, HOOKAH SMOKE IS KNOWN TO CONTAIN 36 TIMES MORE TAR.

TAR:
THE TERM USED TO DESCRIBE THE TOXIC CHEMICALS FOUND IN TOBACCO PRODUCTS.

True False

Hookah smokers inhale less nicotine than cigarette smokers.
FALSE:
 THE WATER IN THE HOOKAH COOLS THE SMOKE SO IT IS INHALED LONGER AND DEEPER.
 HOOKAH USERS AVERAGE 100 PUFFS PER 30-45 MINUTES.
 A CIGARETTE SMOKER, 10 PUFFS FOR ONE CIGARETTE.
 THE HOOKAH SMOKER INHALES MORE NICOTINE

True or False
THE WATER IN A HOOKAH FILTERS OUT THE TOXINS.

TRUE
SOME BUT NOT ENOUGH TO PROTECT THE SMOKER

True or False
THE FRUIT FLAVOR IN HOOKAH TOBACCO HAS HEALTH BENEFITS FOR THE SMOKER.

FALSE
ITS JUST FLAVOR AND DOES NOT COUNT AS YOUR DAILY FRUIT.

True or False
THE CHARCOAL USED TO HEAT THE TOBACCO HAS ADDITIONAL HEALTH RISKS.
TRUE:
THE CHARCOAL PRODUCES CARBON MONOXIDE, HEAVY METALS AND CANCER CAUSING CHEMICALS ADDING TO THE RISK OF THE SMOKER

OTHER RISKS OF HOOKAH SMOKING:
WHEN SHARING A HOOKAH YOU CAN INCREASE YOUR RISK OF BEING EXPOSED TO VIRAL INFECTIONS, A COLD, HEPATITIS AND COLD SORE. LIKE ALL TOBACCO PRODUCTS IT WILL INCREASE RISK OF ORAL CANCERS, LUNG CANCER AND OTHER CANCERS.

SMOKELESS TOBACCO
DIP / CHEWING TOBACCO

ONE CAN OF DIP HAS THE SAME NICOTINE AS:
20 CIGARETTES
40 CIGARETTES
60 CIGARETTES

60 CIGARETTES WHICH IS EQUAL TO 3 PACKS OF CIGARETTES.
TRUE             FALSE
DIP JUST TOBACCO.

FALSE : CONTAINS OTHER HARMFUL CHEMICALS.
Cadmium: used in car batteries
Lead
Formaldehyde: embalming fluid
Polonium 210: found in nuclear waste
Acetaldehyde: irritant
Benzopyrene: cancer causing
Sodium: increase risk for high blood pressure
Sugar: cavities
Sand/fiberglass: both are abrasives

TRUE OR FALSE
DIP IMPROVES MY ATHLETIC PERFORMANCE.

FALSE
A STUDY OF PROFESSIONAL BASEBALL PLAYERS SHOWED NO CONNECTION BETWEEN DIP USE AND PLAYER PERFORMANCE.

OTHER HEALTH RISKS
INCREASES HEART RATE AND BLOOD PRESSURE.
WITHIN MINUTES OF USE IT MAY CAUSE A QUICK BUZZ BUT THE RISE IN PULSE AND BLOOD PRESSURE PUTS ADDED STRESS ON HEART.

ALONG WITH INCREASING USER RISK FOR POOR ORAL HEALTH, CAVITIES, GUM DISEASE, GUM AND TOOTH ABRASION IT PUTS USER AT RISK FOR A NUMBER OF CANCERS.
ORAL CANCERS, ESOPHAGEAL CANCER, THROAT CANCER, Pancreatic CANCER
SOME OF THESE HAVE VERY LOW SURVIVAL RATES, LESS THEN 5 YEARS.
By age 14 Gruen Von Behrens was seriously hooked on chewing tobacco (dip). At his peak he used more than half a can a day.

At 16 he noticed a small white spot on his tongue, a spot that would gradually start to grow. It was cancer.

TRUE OR FALSE

Cigars have lower risks than cigarettes

FALSE

They have the same or higher risks for cancer of the mouth, tongue, larynx, throat, esophageal.
Some of these have very low survival rates.

TRUE OR FALSE

One cigar can contain as much tobacco as one cigarettes.

FALSE

A large cigar can contain 5 and 20 grams of tobacco.
Some premium cigars contain the tobacco equivalent of an entire pack of cigarettes.
Smaller cigars, Cigarillos, contain 3 grams of tobacco.
A cigarette contains about 1 gram.
TRUE OR FALSE
Cigars do not contain harmful chemicals.

FALSE
They contain higher level of cancer-causing substances. During the fermentation process for cigar tobacco, high concentrations of cancer-causing nitrosamines are produced. These compounds are released when a cigar is smoked. Nitrosamines are found at higher levels in cigar smoke than in cigarette smoke.

TRUE AND FALSE
CIGARS ARE NOT ADDICTIVE

FALSE
All tobacco products contain nicotine which is the addictive. Tobacco use is responsible for nearly 1 in 5 deaths in the US.