

TOBACCO



Interesting Facts

- Approximately 1500 kids are killed each year by fires in the home that were caused by cigarettes.
- Cigarette butts are among the biggest causes of pollution on beaches. 12 months for a cigarette butt to decompose!
- Secondhand smoke fills the air with many of the same poisons found in the air around toxic waste dumps.
- Pets suffer too! It can cause leukemia (a type of cancer) in cats and enlarged hearts in dogs.

TOBACCO

- **#1 cause of preventable death in the U.S., causing over 393,000 deaths per year.**
- **Addiction**: strong physical or psychological craving for a substance despite its harmful effects.
- **Nicotine**: dangerous, addictive drug found in all tobacco products.
- **Tobacco**: plant that is used to make cigarettes and smokeless tobacco.
- **Cancer**: serious, often deadly disease that causes the body's cells to mutate and grow out of control.
- **Carcinogens**: substances that cause cancer.

Why do people even start?

TYPES OF TOBACCO PRODUCTS

- CHEWING TOBACCO AKA SMOKELESS TOBACCO - Dipping 8 to 10 times a day can bring as much nicotine into the body as smoking 30-40 cigarettes (Spit Tobacco: Does Smokeless Mean Harmless, 2001 Mayo Clinic report)



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



TYPES OF TOBACCO PRODUCTS



- CIGARS -major source of secondhand smoke which contains over 4,000 chemicals - 200 are poisons, 63 of which cause cancer.
- DISSOLVEABLE TOBACCO-dissolve on the tongue or in the mouth. look similar to a breath mint or candy
- 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

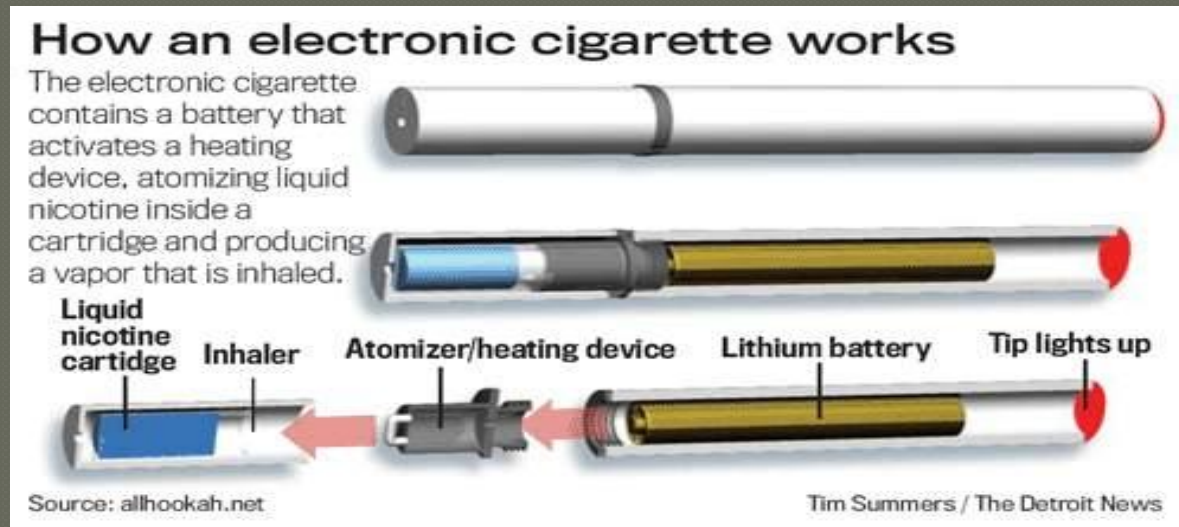


● PIPE SMOKING



Electronic Cigarette

- 108 municipalities & 3 states prohibit e-cigs from use in smoke-free environments



“Harmless Vapor”

◎ Contains:

Nicotine

Carcinogenetic compounds – lead, nickel, formaldehyde, benzene, cadmium, ect...

Propylene Glycol – causes eye, throat & airway irritation

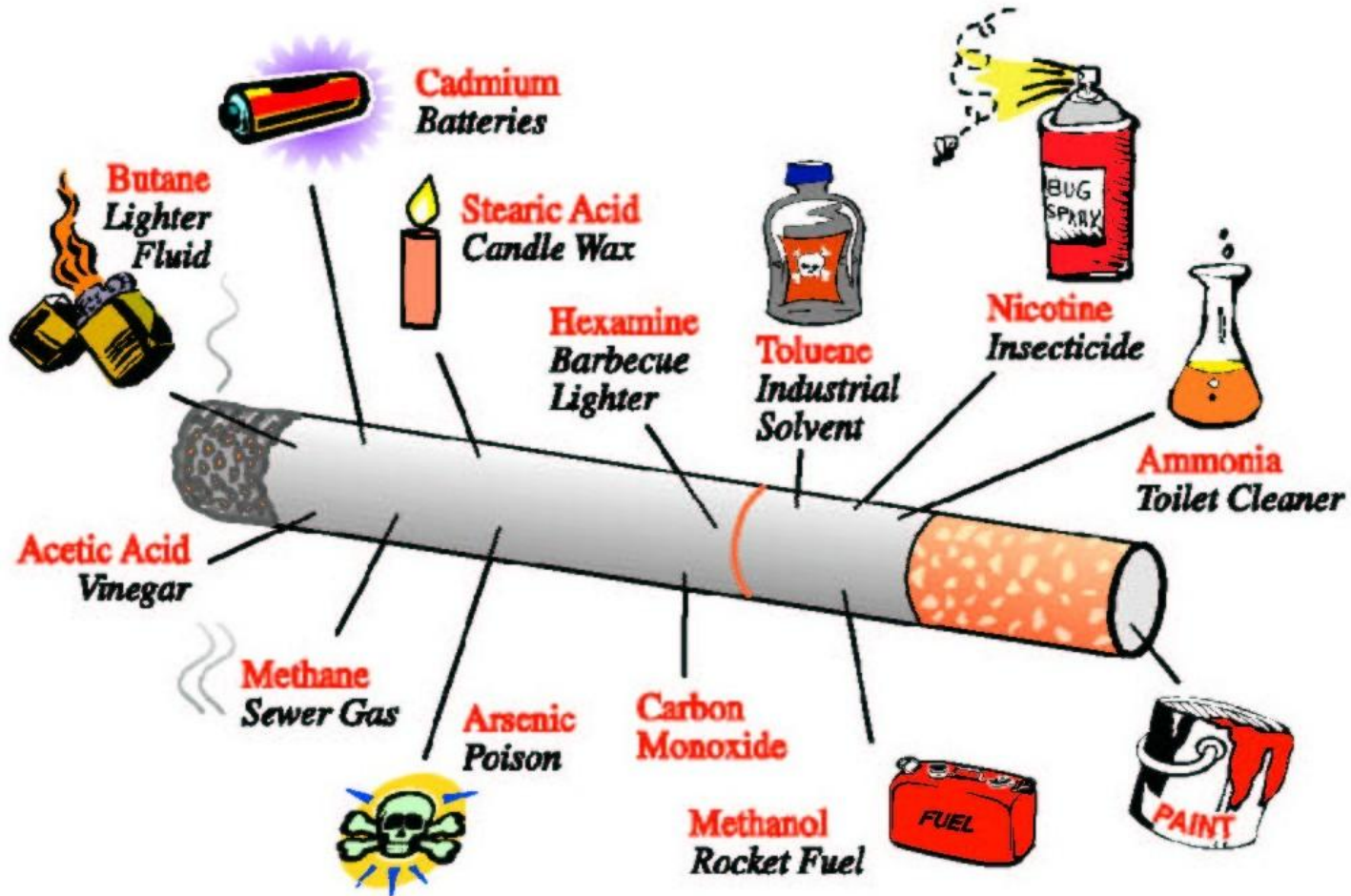
Metals – tin, chromium & nickel

Diethylene Glycol – poisonous comp

Short term effects

- ◉ Respiratory irritation
 - ◉ Impair lung function
 - ◉ Difficulty breathing
 - ◉ Eye irritation
 - ◉ Throat irritation
-
- ◉ Don't know long term effects!!!

WHAT IS IN A CIGARRETTE



SCARY FACTS!!

- ① **Tobacco is responsible for nearly one of every five deaths, each year in the United States.**
- ② **More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.**
- ③ **Smoking causes coronary heart disease, the leading cause of death in the United States.**

SMOKING RATES AMONG YOUTH AND ADULTS

- In 2009, an estimated 46.6 million, or 20.6 % of adults (aged 18+) were current smokers.
- Men tend to smoke more than women. In 2009, 23.5 % of men currently smoked compared to 17.9 % of females.
- Prevalence of current smoking in 2009 was highest among non-Hispanic whites (22.2%) intermediate among non-Hispanic blacks (21.3%), and lowest among Hispanics (14.5%) and Asians (12.0%).
- In 2009, 19.5 % of high school students were current smokers.

Will YOU Become Addicted??

- Odds for those trying and becoming addicted are **9 in 10** for cigarette smokers," reports the chief of clinical pharmacology, National Institute on Drug Abuse.
- Will you be a statistic or will you make the healthy choice to not EVER use tobacco products.
- Can you afford it???????????

COST OF CIGARETTES

- A pack purchased in Wisconsin is \$8.11.
- If you smoked one pack a day how much will it cost you?

- One week?
- One month?
- One year?
- 5 years?



- WHAT COULD YOU DO WITH THIS MUCH MONEY????

2 Types of Secondhand Smoke:

- 1. Mainstream** – smoke that is exhaled by a smoker
- 2. Sidestream** – smoke emitted by the burning end of a cigarette or cigar.

What is Secondhand Smoke?

A toxic mixture of over 4,000 chemicals (including 50 carcinogens).

Serious health hazard for people of all ages, and is estimated to cause close to **50,000 deaths each year.**

Ban smoking in public places.....

Short Term Effects

- -wheezing -nausea -burning eyes, nose and throat
 - -higher blood pressure -headache -dizziness
 - -respiratory problems -increased heart rate
 - -less oxygen to the heart -constricted blood vessels
 - -reduced antioxidant defenses -compromised blood platelets

- ◉ Each year , secondhand smoke in the U.S. is responsible for:

-35,000-40,000 deaths from heart disease in nonsmokers

-3,000 deaths from lung cancer in nonsmokers

Long Term Effects

-Asthma

Bronchitis

Emphysema

Gum Disease

Cancer

Heart Disease

Impotence

Infertility

Osteoporosis

Berger's Disease

Arthritis

Premature Aging

***150,000-300,000 lower respiratory tract infections in babies under 18 months.**

HOW TO QUIT SMOKING!!

- Seven medications approved by the U.S. Food and Drug Administration to aid in quitting smoking.
- Nicotine patches, nicotine gum and nicotine lozenges are available over-the-counter
- Nicotine nasal spray and inhaler are currently available by prescription



HOW TO QUIT SMOKING!!

- ① **COUNSELING: Individual, group and telephone counseling** are effective. Telephone quit line counseling is widely available and is effective for many different groups of smokers.
- ② **Counseling or Medication** alone increases the chance of a quit attempt being successful; the combination of both is even more effective!!!!
- ③ **COLD TURKEY, HYPNOSIS, OTHER WAYS??**

Resources to Look at for Quitting

- ◉ <http://www.smokefree.gov/>
- ◉ http://www.cdc.gov/tobacco/quit_smoking/index.htm
- ◉ Quit4Life programs (vary country to country)
- ◉ <http://www.lung.org/stop-smoking/how-to-quit/>
- ◉ Nicotine Anonymous (Green Bay)
 - (920) 468 - 4233
- ◉ UW Green Bay Tobacco Cessation Clinic
 - (920) 465 - 2380

Stop Smoking Timeline

20 Minutes:

Blood pressure
returns to
normal

Heartbeat
stabilizes

48 Hours:

Sense of smell and
taste improves

Chances of heart
attack decreases

9 Months:

Sinus congestion, wheez-
ing, shortness of breath
decreases

Lung function improves

10 Years:

The chances
of getting
lung cancer
are cut in
half

8 Hours:

Oxygen in
your blood
increases

Mucus begins
to clear out of
your lungs

3 Months:

Circulation improves

Immune System improves

Possible Savings over \$400

1 Year :

Risk of dying from
heart attack is cut in
half

Possible savings of
over *\$1,600

4Ds of QUITTING

A common coping technique

- ① **1. Delay**: When you have a craving, put it off for a specific number of minutes. Wait 10 minutes.
- ② **2. Distract**: Find something else to do. Gather up puzzles, games, books, projects, anything you can use to distract yourself. Or completely change your environment. Something about where you are or what you're doing is making you crave. Don't let yourself dwell on the craving..

4Ds of QUITTING


- ③ **3. Deep Breathing**: Take several nice, deep breaths and notice how good it feels. Be sure you exhale completely. Exhale through pursed lips, like you have an imaginary straw. Get it all out.
BREATH IN 10 – BREATH OUT 10!!!
- ④ **4. Drink Water**: water is the best thing you can drink when you're quitting because it helps your body rehydrate and get rid of the crap in the cigs or chew.
Pop or soda is terrible for you because of the sugar, artificial sweeteners, and high-fructose corn syrup and if you're used to smoking while drinking it, it will make you crave.

TOBACCO ADVERTISING

- ◉ Tobacco advertising dates to colonial times.
- ◉ 1969 TAKEN OFF TELEVISION
- ◉ \$89 billion tobacco industry
- ◉ \$35 million each day on marketing
ALONE

EXAMPLES OF OLD TOBACCO ADVERTISING

⊙ http://www.time.com/time/photogallery/0,29307,1848212_1777633,00.html



**It's one of the best
get-around-isms. While his
diagnosis may differ from
Zia's, he's usually correct
24 hours a day.**

**The doctor is a doctor,
a high school, and a family
physician. He's being
ill in one, usually long
and hard to schedule.**

According to a recent Nationwide survey:
**MORE DOCTORS SMOKE CAMELS
THAN ANY OTHER CIGARETTE**

DOCTORS survey branch of medicine—113,897
in all—were queried in the nationally representative
survey conducted by the American Medical Association.
What do you smoke, Doctor?
The doctor says: "Camels."
The only, full flavor and great million of Camels,
regular brand of quality tobacco that has the
same appeal to the smoking taste of doctors as to
millions of other smokers. If you are a Camel
smoker, your profession among doctors will help
recognize you. If you're not, surely, the Camels man

You "I-Zone" Will Tell You...

I for Truth...	I for Thrift...
I for Taste...	I for Peace...
I for Health...	I for Love...

CAMELS Cattle & Tobacco

Get, Dad, you always get
the best of everything
...even

Marlboro!

Yes, you need
never feel
over-smoked
...that's the
Miracle of
Marlboro!

YOUR CHOICE OF LIGHTS FOR A
PLAIN BURN • BEAUTY SIPS 1960

TOBACCO ADVERTISING

- **Under the new rules, the FDA will:**
 - Ban tobacco companies from sponsoring sporting and entertainment events.
 - Outlaw free cigarette samples and giveaways of non-tobacco items with the purchase of tobacco.
 - Prohibit the sale of cigarettes in packs of fewer than 20, eliminating so-called "kiddie packs" that public health experts say make cigarettes more affordable.
 - Restrict tobacco products in vending machines and self-service displays to adult-only facilities, and require stores to place them behind the counter.
 - Forbid tobacco sales to children younger than 18 and require photo identification for over-the-counter sales.
 - Provide for federal enforcement against violators, ranging from warning letters to criminal penalties

ANTI-TOBACCO ADVERTISING

- ◉ ADVERTISEMENTS TO URGE PEOPLE TO NEVER START!!!
- ◉ http://www.youtube.com/watch?v=KYmOk_sfu7vs – getting ready.
- ◉ <http://www.youtube.com/watch?v=ittIbT84I0k&feature=watch-vrec> – scary effects
- ◉ <http://www.youtube.com/watch?feature=endscreen&v=dVLtNgAhPRg&NR=1> – Brian
- ◉ <http://www.youtube.com/watch?v=r-m27SZUFj0&feature=autoplay&list=PL2AE84D81A081261A&playnext=2> – effects inside

Pam Lafflin Story

- ◉ <http://www.mefedia.com/news/47655467>
- ◉ Do you feel the media affects your decisions to use tobacco?
- ◉ How would you feel if your parent was dying and you had to watch them die?