

TOBACCO



Facts About Drugs

WHAT IT IS

Names: cigarettes, tobacco, snuff

Type: central nervous system stimulant

Forms: found in tobacco in the form of cigarettes, cigars, pipe tobacco, snuff and chewing tobacco

Usage: tobacco may be smoked, chewed or taken in the form of snuff

Legal status: legal, though sale to juveniles is illegal in most states

Other forms: nicotine gum patches for those who want to quit smoking; limited prescription use; nicotine is also used as an insecticide

WHAT IT FEELS LIKE

A first-time user may feel dizzy, light-headed, excited and nauseous. Regular users feel a craving for nicotine, followed by relief and relaxation when smoking, chewing or using snuff.

WHAT IT DOES

To Your Mind: increases feelings of alertness and relaxation, lowers stress and irritability

To Your Body: raises blood pressure, breathing and heart rate; increases muscle relaxation; reduces pain; decreases appetite; raises metabolism

HOW IT CAN HURT YOU

Nicotine is one of the most highly addictive of all drugs. It's what keeps people using tobacco in spite of the following health hazards:

- heart disease; high blood pressure; cancer of the lungs, throat and mouth; circulatory problems such as Raynaud's phenomenon
- chronic bronchitis; lowered resistance to colds, flu and other infections
- increased risk of heart disease in women who use contraceptives; low birth weight in children born to mothers who smoke

- impotence, premature wrinkling, deepening of voice
- strong physiological and psychological dependence
- Each year, over 430,000 people die from smoking-related diseases. At least 30 percent of all cancer deaths are related to smoking.

WHEN TO GET HELP

- Do you smoke or use tobacco products every day?
- Has your doctor told you to quit?
- Are you concerned about health effects, such as heart disease, lung or mouth cancer, emphysema?
- Are you scared because you read that using tobacco shortens your life?
- Are you worried about the effects of smoking on your appearance and attractiveness?
- Does your spouse, child or close friend want you to quit?
- Has smoking been banned at your workplace?
- Do you have chronic bronchitis?
- Are you tired of spending so much money on cigarettes?
- Do you smoke to keep your weight down?
- Are you pregnant?
- Is second-hand smoke making your children or other family members sick?

FACT:
Tobacco kills more people than all illegal drugs combined.