



TOBACCO PRODUCTS

Hookahs

- ❑ Hookahs, also known as water pipes, are used to smoke specially made tobacco that is available in a variety of flavors (e.g., apple, mint, cherry, chocolate, coconut, licorice, cappuccino, and watermelon).
- ❑ Hookah is known by a number of different names, including narghile, argileh, shisha, hubble-bubble, and goza



Compared with Cigarettes:

- ❑ While many hookah smokers may consider this practice less harmful than smoking cigarettes, hookah smoking carries many of the same health risks as cigarettes.
- ❑ Hookah smokers are at risk for the same kinds of diseases as are caused by cigarette smoking, including oral cancer, lung cancer, stomach cancer, cancer of the esophagus, reduced lung function, and decreased fertility.
- ❑ Hookah smoking is **NOT** a safe alternative to smoking cigarettes.

Health Risks:

- ❑ Hookah tobacco and smoke contain numerous toxic substances known to cause several cancers (i.e. lung, bladder, and oral cancers), clogged arteries, and heart disease.
- ❑ Infectious diseases may be transmitted by sharing a hookah.
- ❑ Babies born to women who smoked one or more hookahs a day during pregnancy have lower birth weights (were at least 3½ ounces less) than babies born to nonsmokers and are at an increased risk for respiratory diseases.

- ❑ Secondhand smoke from hookahs poses a serious risk for nonsmokers, particularly because it contains smoke not only from the tobacco but also from the heat source (e.g., charcoal) used in the hookah.

Cigars

- ❑ A cigar is defined as a roll of tobacco wrapped in leaf tobacco or in a substance that contains tobacco (as opposed to a cigarette, which is defined as a roll of tobacco wrapped in paper or in a substance that does not contain tobacco).
- ❑ The three major types of cigars sold in the United States are large cigars, cigarillos, and little cigars.
- ❑ In 2009, cigars generated more than **\$8 billion** in retail sales in the United States.
- ❑ Cigars contain the same toxic and carcinogenic compounds found in cigarettes and are not a safe alternative to cigarettes.
- ❑ Cigars have more nicotine and tar than cigarettes. A single large cigar may contain as much tobacco as a full pack.



Health Risks:

- ❑ Regular cigar smoking is associated with an increased risk for cancers of the lung, esophagus, larynx, and the oral cavity (lip, tongue, mouth, and throat).
- ❑ Cigar smoking is linked to gum disease and tooth loss.
- ❑ Heavy cigar smokers and those who inhale deeply may be at increased risk of developing coronary heart disease.
- ❑ Heavy cigar smoking increases the risk for lung diseases such as emphysema and chronic bronchitis.

Bidis and Kreteks

- ❑ Bidis 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, and mango) or unflavored.
- ❑ Kreteks, also known as clove cigarettes, are imported from Indonesia and typically contain a mixture of tobacco, cloves, and other additives.
- ❑ Bidis and kreteks have higher concentrations of nicotine, tar, and carbon monoxide than conventional cigarettes sold in the United States.
- ❑ Neither bidis nor kreteks are safe alternatives to conventional cigarettes.



Health Risks:

Bidis

- ❑ Smoke from a bidi contains 3 to 5 times the amount of nicotine as a regular cigarette and places users at risk for nicotine addiction.
- ❑ Bidi smoking increases the risk for oral cancer, lung cancer, stomach cancer, and esophageal cancer.
- ❑ Bidi smoking is associated with a more than threefold increased risk for coronary heart disease and acute myocardial infarction (heart attack).
- ❑ Bidi smoking is associated with emphysema and a nearly fourfold increased risk for chronic bronchitis.

Kreteks

- ❑ Kretek smoking is associated with an increased risk for acute lung injury (i.e., lung damage that can include a range of characteristics such as decreased oxygen, fluid in the lungs, leakage from capillaries, and inflammation), especially among susceptible individuals with asthma or respiratory infections.
- ❑ Regular kretek smokers have **13** to **20** times the risk for abnormal lung function (e.g., airflow obstruction or reduced oxygen absorption) compared with nonsmokers.

Smokeless Tobacco

- ❑ Smokeless tobacco contains the same highly addictive substance nicotine which is found in cigarettes.
- ❑ Smokeless tobacco comes in **three** forms:
 - **Chewing tobacco**: twisted or shredded tobacco that comes in pouches or cans. It's usually sweetened.
 - **Snuff**: dried and ground tobacco powder that usually comes in pouch like a teabag.
 - **Snus** (pronounced "snoozed"): comes in small pouches like snuff. Unlike the other two forms of smokeless tobacco, snus users don't have to spit out the juices.



Flavored Tobacco

- ❑ Flavored tobacco products contain flavors like vanilla, orange, chocolate, cherry, and coffee. Like all tobacco products, flavored tobacco products have serious health risks and are not considered safe by the FDA.



Electronic Cigarettes

- ❑ Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. They turn nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled by the user.
- ❑ Most e-cigarettes are manufactured to look like conventional cigarettes, cigars, or pipes. Some resemble everyday items such as pens and USB memory sticks.



Image of an electronic cigarette inserted into a charger

Sources of Information for Tobacco Products:

- http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm
- http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/cigars/index.htm
- http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/bidis_kreteks/index.htm
- <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm>
- <http://www.fda.gov/TobaccoProducts/ProtectingKidsfromTobacco/FlavoredTobacco/ucm183198.htm>