PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Youth Resources

General Tobacco Information

Tobacco:

Tobacco is a plant that contains a drug contains a drug called nicotine, which makes tobacco products highly addictive. Tobacco leaves are manufactured into many different products, some of which are listed below.

Smoking Tobacco Products: Cigarettes, Cigarillos, Cigars and Pipes

Tobacco products such as cigarettes, cigarillos, cigars, and pipe tobacco are burned and smoked. Burned tobacco is very harmful to the lungs and body as tobacco smoke contains over 4,000 harmful chemicals many of which are known to cause cancer. The chemicals mix to form a sticky and smelly tar that clings to clothing, skin, and the lining of your lungs.

Smokeless Tobacco: Snus, snuff, chewing tobacco, and tablets

Smokeless tobacco contains many of the same harmful and cancer-causing chemicals that cigarettes contain. Even worse, smokeless tobacco contains gritty material to wear down the surface of your teeth and to cut your gums so more nicotine can get into your body, and addiction develops quicker. Chewing one tin of snuff is the same as smoking 60 cigarettes! Smokeless tobacco is not a safe alternative to smoking cigarettes.

Hookah

Hookah/water pipes have been around for many years and pose many of the same risks as smoking tobacco products. Hookah contains chemicals that harm those smoking the pipe as well as those who are exposed to second-hand hookah pipe smoke. A single session of hookah smoking, lasting about an hour, exposes you to as much harmful chemicals as an entire pack of cigarettes. Hookah pipe tobacco is often sweetened and flavoured making it seem appealing to youth. Trust is, it is addicting and dangerous.

Marijuana

Although marijuana does not expose you to tobacco, there are still some risks you should consider. Using marijuana can reduce your short-term memory and your ability to concentrate. This makes it harder for you to learn to do well on assignments and tests. Marijuana also contains some of the same ingredients as tobacco products which can cause cancer and lung disease.

Nicotine

Nicotine is the addictive drug in tobacco. When you smoke tobacco, nicotine goes into your bloodstream and reaches your brain within 8-10 seconds. Nicotine can be a deadly poison that causes vomiting, shaking, convulsions and death. A few drops of nicotine can kill you.

Tar

Tar is a sticky black glob make up of thousands of chemicals. Many of them cause cancer. Tar builds up in the lungs and makes breathing harder. It also plays a part in causing lung disease and cancer.

Carbon Monoxide

Carbon monoxide is a poisonous gas that forms when anything-including tobacco-is burned. When you inhale carbon monoxide, it takes the place of oxygen in the blood, so there is less oxygen reaching all parts of your body, even your hair and skin.