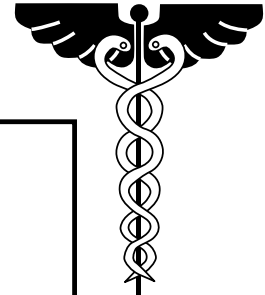




# TOBACCO



## 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.*