

TOBACCO



Top: Cigarettes, cigar, and pipe
Center: Hookah
Lower: Chewing tobacco

SIGNS AND SYMPTOMS OF USE

Smells like smoke, suddenly very worried about brushing teeth or having breath mints/chewing gum, lighters missing, carrying lighters, missing money, change in friends

SHORT AND LONG-TERM EFFECTS

Short-term: difficulty breathing, less energy, increased heart rate, increased blood pressure, bad breath

Long-term: addiction, loss of smell and taste, stained teeth, gum disease, cancer, emphysema, heart disease

STREET NAMES

Squares, smokes, cigs, butts—refers to cigarettes

Chew, dip, snus, snuff, spit—refers to chewing/smokeless tobacco

Shisha, hubble-bubble, goza—refers to hookah

HOW IT'S USED

Smoked or placed in and absorbed through the inside of the mouth

WHY IT'S DANGEROUS

Tobacco, in all of its forms, is a very addictive substance, which makes it extremely difficult to quit. This causes long-term health problems such as: cancer, heart disease, and lung disease. Breathing the smoke from burning tobacco (secondhand smoke) is extremely harmful, and it causes the same long-term health problems as smoking. Chewing tobacco has its own unique risks involved with use including throat and mouth cancer. There is no safe form of tobacco.

For help or information, call NCADA at
314.962.3456 or visit ncada-stl.org

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