We will be talking about:

- Tobacco
- Different types of tobacco products
  - Smoked
  - Smokeless
  - Dissolvables
  - Vape
- What is in tobacco products?
- What harm can tobacco products do to your body
- Where to get help to quit smoking
What is Tobacco?

- Tobacco Plant
- Drying Tobacco Leaves
- Chopped Tobacco Leaves
Smoked Tobacco Products

- Cigarettes
- Cigars/Cigarrillos
- Pipe
- Bidis
- Kretteks
- Hookah
What is in a Cigarette?
What Does Smoking do to Your Body?

Cancers
- Oropharynx
- Larynx
- Esophagus
- Trachea, bronchus, and lung
- Acute myeloid leukemia
- Stomach
- Liver
- Pancreas
- Kidney and ureter
- Cervix
- Bladder
- Colorectal

Chronic Diseases
- Stroke
- Blindness, cataracts, age-related macular degeneration
- Congenital defects—maternal smoking: orofacial clefts
- Periodontitis
- Aortic aneurysm, early abdominal aortic atherosclerosis in young adults
- Coronary heart disease
- Pneumonia
- Atherosclerotic peripheral vascular disease
- Chronic obstructive pulmonary disease, tuberculosis, asthma, and other respiratory effects
- Diabetes
- Reproductive effects in women (including reduced fertility)
- Hip fractures
- Ectopic pregnancy
- Male sexual function—erectile dysfunction
- Rheumatoid arthritis
- Immune function
- Overall diminished health
What does smoking do to your lungs?
Secondhand Smoke

- Secondhand smoke is smoke inhaled involuntarily from tobacco being smoked by others
- Many health problems in infants and children are caused by secondhand smoke
- Wheezing and coughing are more common in children who breathe secondhand smoke
- Asthma attacks can be triggered in a child who breathes secondhand smoke
- Ear infections are more common in children whose parents smoke around them
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer
Smoking During Pregnancy

- Smoking during pregnancy increases the risk for pregnancy complications
- Babies of smokers
  - can be born too early and too small
  - can have birth defects
  - Be born with damage in the development of babies’ brain and lungs
What is Hookah or Water Pipe?

- A hookah is a water pipe
- Hookah is also known as a narghile, shisha or goza
- The hookah pipe tobacco has the same chemicals and is as unsafe as cigarettes
- The water in the hookah does not filter out the toxic ingredients in the tobacco smoke
Smoking a hookah is the equivalent of smoking **100 cigarettes**

**BECAUSE:**

- One session of hookah pipe smoking lasts about 45 minutes to an hour (while a cigarette lasts just a few minutes)
- During that time hookah users may breathe in as much smoke as a cigarette smoker would from 100 or more cigarettes
Why is Hookah use dangerous?

Hookah smoking increases the risk of:

Women and Men:
- Have decreased fertility
- Can get herpes, hepatitis and tuberculosis (from sharing the same mouthpiece)

Babies:
- Born to women who smoke hookahs are more likely to have a low birth weight and breathing problems
What are E-Cigarettes?

- E-cigarettes are electronic devices that heat a liquid and produce vapor or a mist of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Using an e-cigarette is sometimes called vaping.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items.
What is in E-Cigarette Vapor?

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.
Risks of vaping

- Nicotine addiction
- Mouth and throat irritation
- Coughing and wheezing
- Worsening asthma
- Chest pain
- Raised blood pressure
- Raised heart rate
- Upset stomach
- Nausea
E-Cigarettes Can Harm Children

- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control
- Using nicotine in adolescence may also increase risk for future addiction to other drugs
- The use of e-cigarettes is unsafe for kids, teens, and young adults
Smokeless Tobacco Products

Smokeless Chew

Smokeless Moist Snuff (Snus)

Smokeless Dry Snuff
Smokeless Tobacco Products that dissolve, or melt in your mouth
What is in a smokeless tobacco product?
Health risks of smokeless tobacco include:

- Oral cancers (mouth, throat, cheek, gums, lips, or tongue)
- Dental problems (cavities, teeth staining, and gum disease)
- Pancreas cancer
- Esophagus cancer

Source: https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/chewing-tobacco/art-20047428
Holding smokeless tobacco in your mouth for 30 minutes gives you as much nicotine as smoking 3 cigarettes.
What are the BENEFITS of Quitting?
What will Tobacco Treatment Programs Do For You?

• Give you with treatment options that work for you
• Help you choose the best treatments
• Give you ongoing support and motivation that you need to QUIT
• Answer your questions
• Help you to avoid starting again
Call the Tobacco Treatment Program at New York Presbyterian Hospital

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Thank You!

WHAT ARE YOUR QUESTIONS?
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