

Take Care of Yourself!

Avoid putting yourself in situations where you would use or be pressured to use nicotine products.

Educate yourself and understand how these substances can affect yourself and those around you.

Get physical! Working out or moving your body can distract you and decrease cravings.

Practice relaxation techniques. Deep breathing, meditation, mindfulness practice, listening to music, and yoga can help decrease stress (a common trigger for using tobacco/nicotine).

Identify why you want to quit. Making a list of the benefits or reasons you want to stop using can help motivate you.

Remember the 4 D's

Delay: If you have a craving, wait 10 minutes. Just putting it off can sometimes decrease the desire.

Drink water: Sip water slowly. This can help decrease cravings too!

Deep breathing: Take some slow, deep breaths and try to relax.

Distract/Do something else: Find something to take your mind off tobacco and nicotine.

How to Quit!

Contact your student health center or campus prevention office to meet with a cessation coach.

Reach out to your local health department or see a physician to help you identify resources to quit.

Telephone & Texting Support

- + Missouri Tobacco Quitline: 1 (800) 784-8669
- + Text2Quit: text2quit.com
- + This is Quitting: Text 'DITCHVAPE' to 88709

Online Support

- + Become an Ex: becomeanex.org
- + American Cancer Society: cancer.org
- + Truth Initiative: truthinitiative.org
- + FDA Smokefree Teen: teen.smokefree.gov
- + Ready to Make a Change?: mopip.org/change
- + quitSTART app: smokefee.gov

To learn more, visit

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JUST AS HARMFUL

What You Should Know About

NICOTINE PRODUCTS

This publication is brought to you by Partners in Prevention, a coalition of universities in Missouri.

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Hookah

What is it?

Hookah is a water pipe used to smoke flavored tobacco. Hookahs work by using charcoal to heat the tobacco.

How Does It Work?

When the user inhales, the tobacco mixture is passed down through a water chamber and out through a tube connected to the mouthpiece. While you may think that the water chamber will catch or filter the toxic chemicals, this is not true.

Hazardous Side Effects

- + Hookah tobacco and smoke contain many toxic agents that can cause clogged arteries and heart disease.
- + The combustion of charcoal (the heating agent) produces carbon monoxide, heavy metals, and other dangerous chemicals.
- + Hookah tobacco and smoke contain several toxic agents known to cause lung, bladder, and oral cancers.

Hookah vs. Cigarettes

Hookah smoke also contains nicotine and tar, just like cigarette smoke.

During a single hookah session, users are exposed to **9 times the carbon monoxide** and **1.7 times the nicotine** of a single cigarette. An hour-long hookah session can be equal to 100-200 times the amount of smoke from a single cigarette.

E-Cigarettes and Vaporizers

What are they?

E-cigarettes, vaporizers, or vape pens are products that produce an aerosolized mixture containing flavored liquids and nicotine that are inhaled by the user.

E-cigarettes are relatively new and the research is evolving on their harms. They produce a number of dangerous chemicals that are known to cause lung and heart disease, asthma, cancer and chronic obstructive pulmonary disease (COPD)

Hazardous Side Effects

- + E-Cigarettes produce a number of dangerous chemicals such as formaldehyde (used to preserve dead bodies) that are known to cause lung and heart disease.
- + E-cigarette aerosols can contain heavy metals, ultrafine particulate, and cancer-causing agents like acrolein.

E-Cigarettes and Vaporizers vs Cigarettes

One pod or disposable e-cigarette device contains as much nicotine as an entire pack of cigarettes, so 5 pods is the equivalent of smoking more than 100 cigarettes (a metric often used to know if you are addicted).

There is just as much secondhand smoke produced from e-cigarettes, meaning your loved ones (and pets!) are still in danger of inhaling chemicals that you believe are only meant for you.

Smokeless Tobacco

What is it?

The most common form of smokeless tobacco is chewing tobacco. Chewing tobacco is cured tobacco in the form of loose leaf, plug or twist. It can also be called spit tobacco, chew, chaw, dip, plug, and more. Snus (a packet of tobacco placed between the upper lip and gum) is another type of smokeless tobacco but is much less common.

Hazardous Side Effects

- + Smokeless tobacco products contain multiple cancer-causing substances, many of which mirror those in cigarettes. Using these products increases an individual's risk of getting cancer in the mouth, esophagus, and pancreas.
- + May increase the risk for heart disease, stroke, and death.

Smokeless Tobacco vs Cigarettes

Similar to cigarettes, smokeless tobacco also contains nicotine which is extremely addictive. Nicotine causes the release of dopamine in the brain. Dopamine is known as the 'feel-good' chemical and activates reward centers in the brain. Using nicotine prompts the brain to want to repeat the same behavior (such as using tobacco products that contain nicotine) over and over.