

TAKE CARE OF YOURSELF!

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

Understand how these substances can affect yourself and those around you.

QUIT! HERE'S HOW:

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

The local health department in your community or your physician may also be able to identify resources to help you quit.

TELEPHONE & TEXTING SUPPORT:

Missouri Tobacco Quitline: 1 (800) QUIT-NOW

Text2Quit: www.text2quit.com

ONLINE SUPPORT:

Become an Ex: www.becomeanex.org

American Cancer Society: www.cancer.org

To find resources on your campus, visit

pip.missouri.edu/resources



 mopip   @missouripip

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JUST AS HARMFUL

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HOOKAH

WHAT IS IT?

Hookahs are specially made water pipes that are used to smoke tobacco that comes in different flavors.

HAZARDOUS SIDE EFFECTS

Hookah tobacco and smoke contain many toxic agents that can cause clogged arteries and heart disease.

Hookah tobacco and smoke contain several toxic agents known to cause lung, bladder, and oral cancers.

COMPARED TO CIGARETTES, HOOKAH...

Although many users think it is less harmful, hookah smoking has many of the same health risks as cigarette smoking.

The amount of smoke inhaled during a typical hookah session is about 90,000 milliliters (ml), compared with 500–600 ml inhaled when smoking a cigarette.

The tobacco in hookahs is exposed to high heat from burning charcoal, and the smoke is at least as toxic as cigarette smoke.

VAPING & E-CIGARETTES (ENDS)

WHAT IS IT?

Electronic Nicotine Delivery Systems (ENDS), also called e-cigarettes or vape pens, are products that produce an aerosolized mixture containing flavored liquids and nicotine that is inhaled by the user. ENDS can resemble tobacco products like cigarettes or common gadgets like pens.

HAZARDOUS SIDE EFFECTS

Poisonings have resulted among users and non-users due to ingestion of nicotine liquid, absorption through the skin, and inhalation.

ENDS aerosols can contain heavy metals, ultrafine particulate, and cancer-causing agents like acrolein.

COMPARED TO CIGARETTES, VAPING & E-CIGARETTES...

There are still a variety of studies and tests being done on ENDS, so **NO ONE** knows what all of the true risks are. However, ENDS still contain nicotine which causes addiction and other harmful effects on the body.

There is just as much secondhand smoke produced from ENDS devices, meaning your loved ones are still in danger of inhaling chemicals that you believe are only meant for you.

SMOKELESS TOBACCO

WHAT IS IT?

Smokeless tobacco is also called spit tobacco, chewing tobacco, chew, chaw, dip, plug, and probably a few other things. It comes in two forms: snuff and chewing tobacco.

HAZARDOUS SIDE EFFECTS

Causes cancer of the mouth, esophagus (the passage that connects the throat to the stomach), and pancreas (a gland that helps with digestion and maintaining proper blood sugar levels)

May increase the risk for death from heart disease and stroke.

COMPARED TO CIGARETTES, SMOKELESS TOBACCO...

Like cigarettes, smokeless tobacco also contains nicotine, which can cause you to become addicted. Smokeless tobacco products can contain about 30 cancer-causing substances, many of which mirror those in cigarettes.

You are just as likely to get addicted because these products also contain nicotine.