



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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NICOTINE & TOBACCO

I. About Nicotine

- **Drug Class:** Stimulant but No Specific Class – prescription and nonprescription medication for smoking cessation. Legal for use by adults in any form.

Nicotine: Tobacco Products

- **Smoke Tobacco** (Cigarettes, Cigars, Pipe & Other Forms)
- **Smokeless/Spit Tobacco** (Chew, Dip, Plug, Snuff, Wad): Tobacco is placed inside the mouth.

Nicotine: Smoking Cessation

- **Nicotine Gum** (Nicorette): Type of chewing gum that delivers nicotine to the body. It is used as an aid in quitting smokeless tobacco.
- **Nicotine Skin Patch** (Nicoderm): A transdermal patch that releases nicotine into the body through the skin. It is used as a method to quit smoking.

II. Tobacco Fact Trivia

- **Tobacco products** are the only legal consumer products that are **LETHAL** when used exactly as the manufacturer intends.
- **Smokers pay twice as much** for life insurance and will die an average of 13 – 14 years earlier than non-smokers.
- It costs tobacco companies approximately **5 cents to produce a pack of cigarettes**.
- Tobacco company executives don't generally use their own products. They leave that for "**the young, the poor and the stupid,**" as R.J. Reynolds executives once told one of their Winston models.

Some Helpful Resources/Referrals

- **American Cancer Society**
www.cancer.org
- **Campaign For Tobacco Free Kid**
www.tobaccofreekids.org
- **NYS Smoker's Quitline**
www.nysmokefree.com
- **Tobacco Truth & Facts**
www.tobaccofacts.org

III. "About The Buzz"

- **Nicotine** (the addictive substance) is a specific kind of stimulant that increases attention, concentration and (possibly) memory. Many people also report that nicotine has a calming or anti-anxiety effect as well.



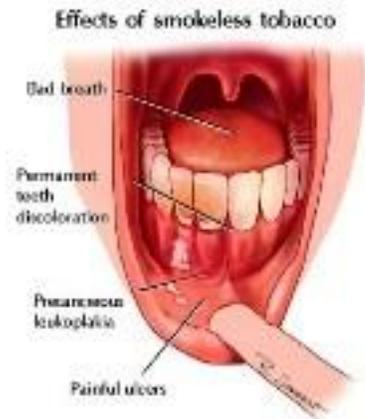
- **Understanding The Addiction:** The addiction to nicotine is hard to control. Young people often underestimate the addictiveness of nicotine and the effect of tobacco use on their health. Studies indicate that most teenagers and young adult smokers want to quit and try to do so but few succeed.



- **(A) Smoking By Young People:** Smoking is particularly harmful for teens because the body is still growing and changing. The 4,000 plus chemicals in cigarette smoke affects normal development and can cause life-threatening diseases such as chronic bronchitis, heart disease and stroke.
- **(B) Smoking By Young People:** While older people may have stopped smoking, smoking by young people remains a problem. **Why?** We don't know but it could be a combination of effective non-TV advertising and the sense among many young people that they are not vulnerable to the health effects of cigarettes.

IV. Effects & Health Risks

- **Tar and the carcinogenic chemicals in tobacco products** (Smoke and Smokeless Tobacco) **causes cancer and damages your health.** The poisons (i.e. vapors, additives etc.) in tobacco products can affect your appearance. Tobacco stains teeth and nails and dulls skin (age prematurely) and hair.



- **Smokeless/Spit Tobacco** contains 28 ingredients that can cause cancer in your lips, tongue, cheeks, gums and the top and bottom of your mouth.

- **Each day**, nearly 4,400 young people between the ages of 12 and 17 start smoking. Many will suffer a long-term health consequence and roughly 1/3 of them will eventually die from a tobacco-related disease.
- **Environmental Tobacco Smoke** a/k/a **Secondhand Smoke:** Each year, about 3,000 nonsmokers die from lung cancer due to secondhand smoke.



- **Each year in the United States, cigarette smoking accounts for 440,000 deaths.** More deaths are caused each year by tobacco than by all deaths from HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides and homicides combined.