

Other Tobacco Products Not a Safe Alternative to Smoking



Smokeless "Spit/Chew" Tobacco & Snus

- **Smokeless tobacco products are not a safe substitute for tobacco smoking. Harmful health effects include:**
 - oral (mouth) cancer
 - pancreatic cancer
 - addiction to nicotine
 - receding gums (gums slowly shrink away from around the teeth)
 - bone loss around the roots of the teeth
 - abrasion (scratching and wearing down) of teeth
 - staining of teeth
 - bad breath ¹
- **Research shows that nicotine exposure in smoking and smokeless tobacco is similar for both.** All commonly marketed and consumed smokeless tobacco products contain substantial quantities of nicotine. The nicotine is delivered to the central nervous system in addicting quantities when used in the fashion that each form is commonly used (or as recommended in smokeless tobacco marketing campaigns).²
- **Smokeless "spit/chew" tobacco contains over 2,000 chemicals, many of which have been directly related to causing cancer.** The association between smokeless tobacco use and cancer is strongest for cancers of the oral cavity. Oral cancer has been shown to occur several times more frequently among snuff dippers than among non-tobacco users, and the excess risk of cancers of the cheek and gum may reach nearly fifty-fold among long-term snuff users.³ Researchers found that just a pinch of smokeless tobacco had the same amount of cancer-causing polycyclic aromatic hydrocarbons as the smoke of five cigarettes.⁴
- **Smokeless tobacco may also play a role in heart disease and high blood pressure.** Men who switched from cigarettes to snuff or chewing tobacco in a large American Cancer Society study had higher death rates from heart disease, stroke, cancer of the mouth and lung, and all causes of death combined than former smokers who stopped using all tobacco products. Researchers at the International Agency for Research on Cancer found that people who use smokeless tobacco products like snus have a slightly higher risk of having a fatal heart attack or stroke.⁵
- **Snus causes pancreatic cancer.** According to an article recently published in *The Lancet*, Scandinavian moist snuff (snus) increases the risk of developing pancreatic cancer. According to the study, which was conducted by Swedish researchers, the risk of developing pancreatic cancer was doubled among snus users.⁶
- **Smokeless tobacco use leads to smoking.** According to the Centers for Disease Control and Prevention, smokeless tobacco use can lead to nicotine addiction and dependence, and adolescents who use smokeless tobacco are more likely to become cigarette smokers.

Little Cigars, Cigars & Pipes

- **It is a common misconception that smokers, particularly those who smoke pipes or cigars without inhaling, are excluded from physical harm or danger.** Even if pipe or cigar smokers never inhale, they are at an increased risk for lip, mouth, tongue, throat and larynx cancers. Because it is virtually impossible to avoid inhaling any trace of smoke, these smokers are also increasing their risk of getting lung and esophageal cancer.
- **Cigar smoking causes the same kinds of serious health consequences as cigarette smoking.** According to the Campaign for Tobacco-Free Kids, cigar smokers experience higher rates of lung cancer, heart disease and chronic obstructive pulmonary disease (COPD) than non-smokers. In addition, a cigar smoker can spend up to an hour smoking a single cigar that can contain as much tobacco as a pack of cigarettes.
- **Cigar smoke is toxic and harms non-users through secondhand smoke exposure.** Cigars go through a long-aging and fermentation process that causes high concentrations of carcinogenic compounds to be produced, and cigar wrappers are less porous than cigarettes. As a result, compared with cigarette smoke, the concentrations of toxins and irritants are higher in cigar smoke. In addition, the larger size of most cigars (more tobacco), and longer smoking time, produce higher exposures to nonsmokers of many toxic compounds (including carbon monoxide, hydrocarbons, ammonia, cadmium and other substances) than a cigarette.⁷

- **Little cigars contain considerable amounts of nicotine – even more than cigarettes.** Although total nicotine content of little cigars differs from product to product,⁸ one report suggests that, compared with cigarettes, little cigars can deliver between 2 and 5 times the nicotine per gram of tobacco.⁹
- **Smoking a pipe increases the risk of cancer, heart disease, and stroke.** A study published in the June 4, 2008 issue of the *Journal of the National Cancer Institute* found that pipe smoking is just as harmful as smoking a cigar. In addition to increasing the risk of heart disease, stroke, and chronic lung disease, smoking a pipe can cause colon, esophagus, larynx, lung oropharynx, and pancreas cancers. In the report, the researchers wrote, “Comprehensively documenting the deleterious health effects of pipe smoking is important in countering efforts by the tobacco industry to promote pipes as a desirable alternative to cigarettes or cigars.”

Hookah

- **Using hookah increases exposure to carcinogens.** Smokers use a waterpipe over a much longer period of time, often 40 to 45 minutes, rather than the 5 to 10 minutes it takes to smoke a cigarette. Due to the longer, more sustained period of inhalation and exposure, a waterpipe smoker may inhale as much smoke as consuming 100 or more cigarettes during a single session.¹⁰
- **The use of hookah is linked to lung cancer and other respiratory illness, and heart diseases.** According to the American Lung Association’s 2007 Tobacco Policy Trend Alert *An Emerging Deadly Trend: Waterpipe Tobacco Use*, waterpipe tobacco smokers are exposed to cancer-causing chemicals and hazardous gases such as carbon monoxide. Waterpipe users are also exposed to nicotine, the substance in tobacco that causes addictive behavior.
- **Hookah users think cigarettes are more addicting.** Despite knowing the dangers of waterpipe smoking, one study found that most (more than 90%) beginning waterpipe smokers believe cigarette smoking is more addictive than waterpipe smoking.¹¹
- **Hookah contains significant amounts of nicotine, tar and heavy metals.** A study of nicotine and cotinine (a chemical marker of nicotine exposure) levels in hookah smokers found high amounts of both chemicals after one session of hookah use. Nicotine and cotinine levels were measured in the participants’ blood before and after smoking. The level of nicotine increased up to 250 percent and the cotinine level increased up to 120 percent after just one session of smoking, lasting 40 to 45 minutes.¹²

Taxing all tobacco at the same rate and using the revenue to fund tobacco prevention and cessation programs can help by:

- **Dramatically reducing youth and adult tobacco use.** Taxing all tobacco at the same rate would decrease the overall consumption of other tobacco products by over 13%, and 25% fewer youth would use the products, a dramatic decline.
- **Restoring high-quality, science-based tobacco prevention and cessation programming in Ohio.** The income resulting from taxing all tobacco at the same rate, approximately \$50 million a year, should be dedicated to the Ohio Department of Health to continue the programs that have in the past been funded in communities around the state and that are inline with best practices as recommended by the Centers for Disease Control (CDC). These programs would give people the tools they need to stop using the products, learn the true dangers associated with them, and help lower usage rates. Although the amount generated by the tax correction equals less than the tobacco industry spends in one month in Ohio, the funding helps Ohio reach toward the goal of funding programs at the level recommended by the CDC.

Investing in Tobacco-Free Youth Coalition

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¹ American Cancer Society

² www.quit tobacco.com; “Effects of Tobacco on Oral Tissue.”

³ Ibid.

⁴ Stepanov, Irina. Masonic Cancer Center, University of Minnesota. Press release, American Chemical Society, 8/16/2009.

⁵ Boffetta, P., Straif, K. Use of smokeless tobacco and risk of myocardial infarction and stroke: systematic review with meta-analysis. *British Medical Journal*. 2990: 339: b3060.

⁶ Luo J, Ye W, Zendehdel K, et al. Oral use of Swedish moist snuff (snus) and risk for cancer of the mouth, lung, and pancreas in male construction workers: a retrospective cohort study. *The Lancet*. 2007;369:2015-2020.

⁷ Oral Cancer Foundation; "The Tobacco Connection." www.oralcancerfoundation.org/tobacco/types_of_tobacco.htm

⁸ Henningfield JE, Hariharan M, Kozlowski LT. [Nicotine content and health risks of cigars](#). *JAMA* 1996; 276(23): 1857-8.

⁹ Hoffman D., Hoffman I. Chemistry and toxicology. In: Cigars: health effects and trends. *Smoking and Tobacco Control Monograph No. 9*. NIH Pub. No. 98-4302. Bethesda (MD): U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Cancer Institute; 1998. p.55-104.

¹⁰ World Health Organization. WHO Advisory Note: "Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators," WHO 2005.

¹¹ American Lung Association. Tobacco Policy Trend Alert *An Emerging Deadly Trend: Waterpipe Tobacco Use*. 2007; 2.

¹² Shafagoj YA, Mohammed FI, Hadidi.KA. "Hubble-bubble (waterpipe) smoking: levels of nicotine and cotinine in plasma, saliva and urine," *Int J of Clin Pharmacol Ther* 2002 Jun;40(6): 249-55.