

TOBACCO PRODUCTS

WHAT TO KNOW ABOUT THEM



WORDS TO KNOW

Nicotine

is the addictive drug in tobacco products. Repeated use of nicotine products can lead to addiction. See *the nicotine dependence handout to learn more.*

Secondhand Smoke

is the smoke that comes off the end of a lit cigarette or that someone who smokes blows out after taking a puff.

Thirdhand Smoke

refers to the chemicals from tobacco smoke that stick to clothes, hair, carpet, bedding, and furniture. You can't see thirdhand smoke, but at times you can smell it.

Vape Aerosol (Vapor, Vape Cloud)

is what is inhaled and exhaled from e-cigarettes, vape devices, and MODS.

NOTE

First Breath respects the cultural and spiritual importance of traditional tobacco used by the American Indian Nations of Wisconsin. **Information in these handouts are for commercial tobacco use** (*tobacco that is mass-produced and sold for profit*).

TYPES OF TOBACCO



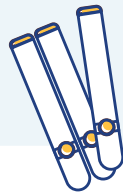
Cigarettes

Cigarettes contain nicotine and about 7,000 other chemicals. That means cigarette secondhand and thirdhand smoke also have many of these chemicals.

WHAT'S IN A CIGARETTE SMOKE?



Adapted from: City of Hope / American Lung Association. (n.d.) What's in cigarette smoke?



Cigarillos & Cigars

Products such as Black N' Milds and Swisher Sweets tend to have high amounts of nicotine and many of the same chemicals as regular cigarettes. The secondhand and thirdhand smoke from cigarillos and cigars also contain many harmful chemicals. Empty cigarillo wraps (used for blunt wraps) also contain nicotine.



Smokeless Tobacco

Products such as chew (dip), snuff, snus, and dissolvables contain nicotine and many more chemicals, which are absorbed through the soft tissues of your mouth versus being inhaled.



E-cigarette (Vape) Products

E-cigarettes, vape devices, MODS, etc. contain nicotine, flavorings, and other chemicals, which make their way into the vape aerosol as well.

DID YOU KNOW?



One JUUL pod has the same amount of nicotine as about 20 cigarettes?! E-cigarettes are not FDA approved and have not been proven as an effective way to quit.

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CAN HELP
NO JUDGMENT. JUST SUPPORT.

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TOBACCO USE DURING PREGNANCY



DID YOU KNOW?



Prenatal tobacco use is the leading preventable cause of poor birth outcomes in the U.S.

Quitting at any point during pregnancy is safe and will improve your chances of having a healthy baby.



Nicotine, carbon monoxide, and other chemicals in tobacco first pass through the placenta (the organ present at pregnancy that gives baby nutrients), then the umbilical cord (tube connecting placenta to baby), and finally to your baby. This lowers the amount of oxygen your baby is able to get and increases baby's heart rate.

Tobacco use during pregnancy is also linked to:

- ✓ Miscarriage (loss of pregnancy before 20 weeks)
- ✓ Stillbirth (loss of baby after 20 weeks)
- ✓ Preterm birth (born too early)
- ✓ Low birth weight
- ✓ Cleft lip or palate
- ✓ Problems with your placenta (how your baby gets nutrients during pregnancy)
- ✓ A higher risk of many other health problems

USE DURING BREASTFEEDING

Nicotine, carbon monoxide, and many other chemicals pass through breast milk (aka chest or human milk) and are ingested (taken in) by your baby.

- ✓ A baby's nicotine level can be up to 3 times higher than yours.
- ✓ Nicotine levels are highest in breast milk 30-60 minutes after you use tobacco. Nicotine stays in your breast milk for about 3 hours. Pumping will not immediately remove nicotine from your milk.
- ✓ Nicotine in breast milk may affect baby's growth.

THE SAFEST OPTION IS TO AVOID USING TOBACCO

PRODUCTS WHILE BREASTFEEDING

If you are struggling to quit, most experts agree the benefits of breast milk can outweigh the risks of nicotine exposure. Further reduce risk by:

- ✓ Using tobacco products as little as possible and trying to wait a few hours after you smoke before nursing. (If your baby feeds often, keep pumped, nicotine-free milk or another food source, such as formula, on hand.)
- ✓ Take a shower and change your clothes after smoking and before touching or feeding baby to limit secondhand and thirdhand smoke.

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TOBACCO

IMPACT ON CAREGIVING & YOU



CHILDREN WHO ARE EXPOSED TO TOBACCO AND SECONDHAND AND THIRDHAND SMOKE FROM CAREGIVERS...

Are at greater risk for:

- ✓ Sudden Infant Death Syndrome (SIDs)
- ✓ Asthma, Respiratory Syncytial Virus (RSV), pneumonia, and other breathing and lung problems
- ✓ Sleep problems
- ✓ Ear infections
- ✓ Becoming a smoker later in life

WHILE IT'S BEST NOT TO USE ANY TOBACCO, IF YOU DO

IT IS BEST TO:

- ✓ Keep your home free of tobacco smoke and vape aerosol.
- ✓ Ask a trusted adult to watch your child(ren) while you go outside to smoke. Take a shower and change your clothes before holding your baby.
- ✓ Keep e-cigarette (vape) products out of reach of children.
- ✓ Practice safe sleep to reduce the risk of SIDs.
Babies should sleep on their backs and in their own crib with no blankets, pillows, stuffed animals, or crib bumpers.

A SPECIAL NOTE

TO THOSE LIVING WITH A MENTAL HEALTH CONDITION

If you use tobacco to cope with your mental health symptoms, it can feel really hard to quit, but it is possible. Once you've quit, your mental health may improve, and you may experience less stress.

Free help is available through the Wisconsin Tobacco Quit Line (1-800-QUIT-NOW), or ask your healthcare provider about FDA-approved medications to help you quit.



DID YOU KNOW?



E-cigarette batteries can cause fires and explosions, and e-juice can cause poisoning if a child swallows it, breathes it in, or gets it on their skin.

QUITTING IS POSSIBLE! FIRST BREATH CAN HELP.



Smoking harms nearly every organ of your body, but **quitting lowers your risk of heart disease, stroke, lung cancer, and other diseases.** PLUS, quitting increases your energy, coping and mood, and saves you up to \$8,000 a year!

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NICOTINE DEPENDENCE

AN ADDICTION TO NICOTINE, A CHEMICAL IN TOBACCO PRODUCTS



Your brain has areas called **receptors** that release dopamine when they get nicotine to create a “feel good” rush.

The more you use tobacco products, the more receptors you have (billions more), and the better it feels to get nicotine.

This also means that when receptors don’t get nicotine, you will have cravings and withdrawal symptoms (headaches, bad mood, hunger, or low energy).

2 TYPES OF DEPENDENCE:

Physical Dependence:

Body has cravings for a substance and feels unwell without it.

Physiological Dependence:

Feeling like you need a substance to be able to relax, socialize, manage stress, or sleep.

UNDERSTANDING YOUR TOBACCO ADDICTION: THE TRUTH ABOUT NICOTINE.

● = NICOTINE

1

Nicotine from a tobacco product is drawn into the lungs.

An illustration of a person in a blue suit smoking a cigarette. Red dots representing nicotine are shown entering the lungs.

2

Nicotine moves into the bloodstream and is delivered to the brain.

An illustration of a person in a blue suit smoking a cigarette. Red dots representing nicotine are shown moving from the lungs into the bloodstream and then into the brain.

3

High nicotine levels create a feel-good “buzz.”

An illustration of a person in a blue suit. The brain is highlighted in red, and there are small starburst icons above it, indicating a 'buzz'.

4

Nicotine levels drop and create cravings.

An illustration of a person in a blue suit. The brain is highlighted in red. A thought bubble above the head shows a cigarette with smoke, representing a craving.

Adapted from: Nicodermcq. (2009). Understanding your smoking addiction: The truth about nicotine.

“FOR ME, IT HAD A LOT TO DO WITH THE ADDICTION. IT WASN’T BECAUSE I WAS ADDICTED TO THE CIGARETTES ONLY; IT WAS MENTAL AS WELL. IT WAS A MENTAL RELEASE AND MENTAL SATISFACTION FOR ME.” – PAST PARTICIPANT



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DID YOU KNOW?



Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol.

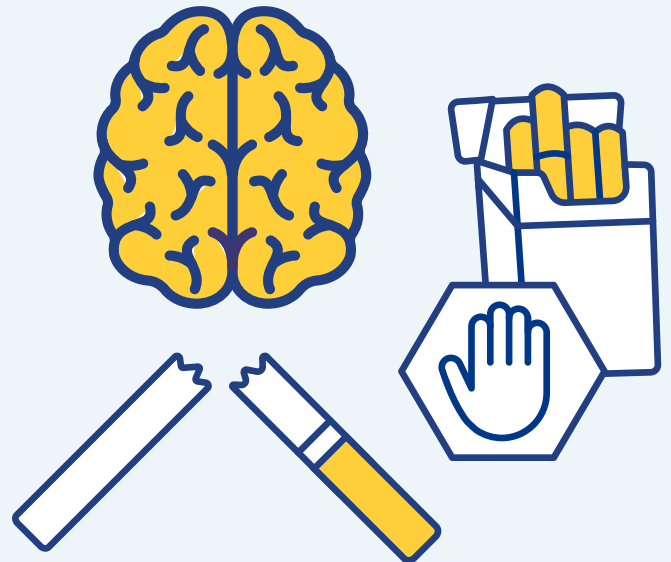
SIGNS YOU MAY BE NICOTINE DEPENDENT (ADDICTED):

- ✓ Using tobacco when you first wake up
- ✓ Going to extreme measures to get a cigarette or other tobacco product
- ✓ Using tobacco even when you're sick
- ✓ Smoking outside despite severe cold weather or rain
- ✓ Experiencing withdrawal symptoms when you stop

THE GOOD NEWS?

WHEN YOU QUIT USING TOBACCO

- 1 The number of nicotine receptors in your brain start to **return to normal**.
- 2 As that happens, cravings happen less and less. They also won't last as long or be as intense. **In time, cravings will fade away completely!**



Free help is available through the Wisconsin Tobacco Quit Line (1-800-QUIT-NOW), or ask your health care provider about FDA-approved medications to help you quit.

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