


FORMS of TOBACCO



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- Cigarettes
- Spit tobacco (chewing tobacco, oral snuff)
- Pipes
- Cigars
- Clove cigarettes
- Bidis
- Waterpipes (e.g., hookah)







Image courtesy of the Centers for Disease Control and Prevention / Rick Ward



CIGARETTES

- Most common form of tobacco used in U.S.
- 376 billion cigarettes consumed in 2005
- Per-capita consumption was 1,716 in 2005

AMERICAN CIGARETTES

Sold in packs (20 cigarettes/pack)

Total nicotine content (per cigarette)


- Average 10.2 mg (range 7.2 to 13.4 mg)

Average machine yield (per cigarette)

- Nicotine 0.88 mg (range <0.05 to 2.0 mg)
- Tar 12 mg (range <0.5 to 27 mg)

Low tar/nicotine cigarettes

- Actual exposure may be higher
- Not safer



Marlboro and Marlboro Light are registered trademarks of Philip Morris, Inc.



SPIT TOBACCO

Chewing tobacco


- Looseleaf
- Plug
- Twist

Snuff

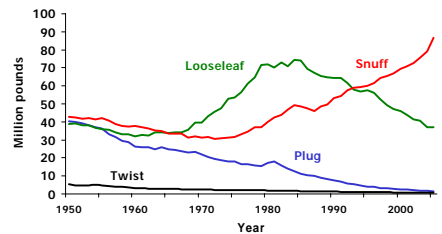
- Moist
- Dry



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SPIT TOBACCO: U.S. OUTPUT, 1950-2005



Graph based on data from U.S. Department of Agriculture, Tobacco Situation and Outlook Yearbook TBS-2004 (2004) and Tobacco Outlook TBS-260 (2006).



SPIT TOBACCO

Estimated 7.2 million users in the U.S. in 2004

- Males (6.2%) more likely than females (0.5%) to be current users
- Prevalence highest among
 - Young adults aged 18-25 years
 - American Indians and Alaskan Natives
 - Residents of the southern U.S. and rural areas

Significant health risks

- Numerous carcinogens
- Nicotine exposure comparable to that of smokers, leading to
 - Physical dependence
 - Withdrawal symptoms after abstinence



NICOTINE CONTENT in SPIT TOBACCO PRODUCTS

Dose	Product	pH	Total free nicotine (mg/g)
Low	Skoal Bandits Wintergreen	6.9	0.5
Medium	Skoal Long Cut Wintergreen	7.4	2.0
Medium-High	Original Fine Cut Skoal Wintergreen	7.6	2.9
High	Copenhagen Snuff	8.6	9.0

Data from Henningfield et al. (1995). *Tob Control* 4:57-61



HEALTH CONSEQUENCES of SPIT TOBACCO USE

Periodontal effects

- Gingival recession
- Bone attachment loss
- Dental caries

Oral leukoplakia

Cancer

- Oral cancer
- Pharyngeal cancer



Oral Leukoplakia

Image courtesy of Dr. Sol Silverman - University of California San Francisco



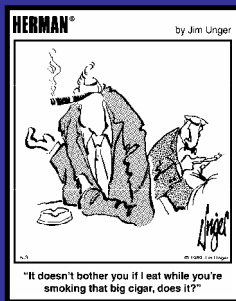
PIPE TOBACCO

- Prevalence of pipe smoking in the U.S. is less than 1%
- Pipe smokers have an increased risk of death due to:
 - Cancer (lung, oral cavity, esophagus, larynx)
 - Chronic obstructive pulmonary disease
- Risk of smoking tobacco-related death: cigarettes > pipes ≈ cigars

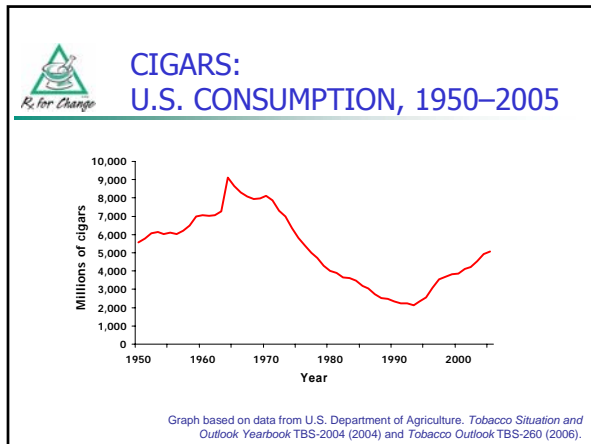


CIGARS

- Estimated 13.7 million cigar smokers in the U.S. in 2004
- Tobacco content of cigars varies greatly
- One cigar can deliver enough nicotine to establish and maintain dependence
- Cigar smoking is not a safe alternative to cigarette smoking



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CLOVE CIGARETTES (also known as KRETEKS)

- Mixture of tobacco and cloves
- Imported from Indonesia
- Use is more prevalent among young smokers
- Two times the tar and nicotine content of standard cigarettes

BIDIS

- Imported from India
- Resemble marijuana joints
- Available in candy flavors
- Deliver higher levels of tar, carbon monoxide, and nicotine than cigarettes
- “Cigarettes with training wheels”

Image courtesy of the Centers for Disease Control and Prevention / Dr. Clifford H. Watson

BIDIS

Image courtesy of the Centers for Disease Control and Prevention / Dr. Clifford H. Watson

WATERPIPES

- Also known as
 - Hookah
 - Shisha
 - Narghile
 - Goza
 - Hubble bubble
- Tobacco flavored with fruit pulp, honey, and molasses
- Increasingly popular among young smokers in coffee houses, bars, and lounges

Image courtesy of Mr. Sami Romman / www.hookah-shisha.com

POTENTIALLY REDUCED-EXPOSURE PRODUCTS (PREPs)

- Tobacco formulations altered to minimize exposure to harmful chemicals in tobacco
 - Cigarette-like delivery devices
 - Eclipse, Accord
 - Modified tobacco products
 - Advance, Omni, Quest
 - Oral noncombustible tobacco products
 - Ariva, Revel, Stonewall, Snus
- No evidence to prove that PREPs reduce the risk of developing tobacco-related disease

Accord image courtesy of Dr. Dorothy Hatsukami - University of Minnesota



FORMS of TOBACCO: SUMMARY

- Cigarettes are, by far, the most common form of tobacco used in the U.S.
- Other forms of tobacco exist and are increasing in popularity.
- All forms of tobacco are harmful.
- Attention to all forms of tobacco is needed.