• Reminder: Psychological Health Assignment (part 1) due Thurs

• Reminder: Exam #3 next Thurs (5/13)

• Today: Tobacco
Tobacco

- Processed from leaves of plant in genus *Nicotiana*
- Can be smoked, chewed, or sniffed
Smoking in the U.S.
• ~20% of adults smoke (more men than women); numbers are falling
• ~20% of high school students and 6% of middle school student smoke; numbers are rising
• >90% of smokers start before age 23
Smoking on Campus

Percentage of Young People Who Smoke

- Black students
- Asian students
- Hispanic students
- White college students
- Same-age non-college students

Why Students Say They Smoke (Percent)

- Reduce Stress: 38%
- Social Pressure: 16%
- Can't Stop: 12%
- Social Smoker: 11%
- Experiment: 7%
- Concentrate: 6%
- Control Appetite: 3%
RCC is a non-smoking campus!

- As of Fall 2009, no smoking is allowed on campus
How much does smoking cost?
Chemicals in Cigarettes

• Naturally in tobacco: nicotine, tar, carbon monoxide
• 599 chemicals approved for use in manufacture of cigarettes which can transform into >5,000 when burned
Immediate Effects of Nicotine

• Triggers release of neurotransmitters (eg. dopamine) and hormones (eg. adrenaline)

Nicotine first stimulates the nervous system, then triggers release of tranquilizing morphine-like amino acids.

Bloodstream absorbs nicotine

Heartbeat quickens

Vessels constrict, causing higher blood pressure

Spreads to nervous system within eight seconds

Fig 12.7, pg 357
Tobacco produces tar as it burns

- Made up of hundreds of chemicals – some poisonous, some carcinogenic
- Settles in lungs, damages cilia and mucus
Tobacco smoke also contains carbon monoxide

- Interferes with hemoglobin’s ability to carry oxygen and impacts nervous system
Smoking greatly increases risk of heart disease and stroke

- Heart attack is leading cause of death for smokers
- Smoking increases BP, increases LDL, decreases HDL, increases plaque
- Increased risk with oral contraceptives
Smoking is linked to many kinds of cancer

- 30% of all deaths from cancer
- >80% of cases of lung cancer
- Genetics and smoke work together
Other smoking-related issues

• Gum disease, tooth loss, ulcers, erectile dysfunction, fires, high-frequency hearing loss
Other forms of tobacco: Cigars

• Basically, large unfiltered cigarettes
• Much more tobacco per cigar but are not usually inhaled = less risky
• Mouth, throat, esophageal cancer risk same as cigarettes
Other forms: Smokeless tobacco

• Includes snuff, chewing tobacco
• Same effects, addictions, carcinogens as cigarettes
• Mouth cancers are common!
Second-Hand Smoke

• Smoke from a smoldering cigarette contains 2x as much nicotine and tar, 5x as much CO, 50x as much ammonia!
Quitting is tough but worth it!

- 70% want to quit, 4-7% succeed each year
- Decreased risk of heart disease within a year; after 20 years – normal risk of cancers
How to quit…

• RCC offers classes and individual stop-smoking counseling – contact Health Services (951-222-8151)
How to quit…

• BRAINSTORM: Name 3 possible approaches to quitting smoking
  • List and describe 4 types of nicotine replacement therapy