

- **Cigarettes and Tobacco**

- Tobacco is laced with an addictive drug called nicotine. Nicotine stimulates the adrenal glands to release epinephrine or adrenaline. This increases blood pressure, respiration, and heart rate. Nicotine also increases dopamine, which affects reward and pleasure in the brain. (Cesar)
- **Street names:**
- **Uses:** Tobacco can be used with cigarettes, cigars, pipe tobacco, snuff, and chewing tobacco. It is typically smoked. However, chewing tobacco or “dip” takes the form of a smokeless tobacco that is absorbed through the tongue or the gums. Snuff has been dried and processed into powder to be snorted through the nose. (Cesar)
- **Short-Term Physical Effects:** Short-term effects include damage to the respiratory system, decreased lung capacity, chronic cough, bronchitis, asthma, bad breath, bad taste in the mouth, smelly hair or clothes, yellow stains in one’s teeth, increased likelihood of drug use or risky behavior, and death from fire (Cesar).
- **Psychological Effects:** Psychological effects include addiction to nicotine and increased likelihood of drug use or risky behavior.(Cesar)
- **Long-Term Effects:** Tobacco can lead to many negative long-term defects including heart problems, cancers, lung disease, and more. It can lead to hypertension or high blood pressure, blocked blood vessels, heart attacks, weakened pumping of the heart which can cause stroke, and narrowed arteries leading to heart attack. It can cause several types of cancers: lung cancer, upper respiratory tract cancer, cervical cancer, and stomach cancer. It can also cause cancer in the larynx, the mouth, the throat, the pancreas, the kidney and the bladder. Smoking can cause types of lung disease including chronic bronchitis and emphysema. It can also lead to reproductive damage; it can cause abnormal sperm cells and impotence in men, and menstrual disorders, early menopause, and difficulty maintaining pregnancy in women. Smoking during pregnancy can cause many issues; it can lead to stillbirth, miscarriage, low birth weight, premature birth, and Sudden Infant Death Syndrome. Offspring of mothers who smoked during pregnancy can develop upper respiratory problems, ear complications, asthma, and learning and behavior problems. It can also lead to prematurely wrinkled skin, gum and tooth loss, lost or weakened sense of taste and smell, weakened immune system, stomach ulcers, and unwanted weight fluctuation. (Cesar)
- **Withdrawal Symptoms:** Examples of withdrawal symptoms are irritability, attention difficulties, sleep disturbances, increased appetite, and powerful cravings for tobacco. (Drugabuse)

Sources:

Center for Substance Abuse Research [<http://www.cesar.umd.edu>]

Drugabuse [<http://www.drugabuse.gov/publications/drugfacts>]