



PARTNERS for PREVENTION
A partnership for the prevention of substance abuse among youth!

TOBACCO

Tobacco products are found in cigarettes, cigars and smokeless tobacco products (snuff, chew, chew/spit tobacco) Nicotine, the active ingredient in tobacco products is one of more than 4,000 chemicals found in tobacco smoke. Researchers have identified more than 250 chemicals in tobacco smoke that are toxic or cause cancer in humans and animals. Smokeless tobacco products also contain high levels of Nicotine as well as other toxins.

Nicotine can act as both a stimulant and a sedative. Immediately after exposure to Nicotine, there is a “sensation” caused in part by the drug’s stimulation of the adrenal glands and the resulting discharge of epinephrine. The rush of epinephrine stimulates the body and causes a sudden release of glucose as well as an increase in blood pressure, respiration, and heart rate. Nicotine also suppresses insulin output from the pancreas, which means that smokers are always slightly hyperglycemic. In addition, Nicotine indirectly causes a release of dopamine in the beginning that control pleasure and motivation. Nicotine can also exert a sedative effect, depending on the level of the smoker’s nervous system and the dose of Nicotine taken (*Source NIDA*).

Smoking is responsible for 90% of all lung cancers (*Source: World Health Organization*). Tobacco use remains the leading preventable cause of death in the US, causing more than 440,000 deaths each year (*Source: CDC*).

It is Partners For Prevention goal to give young people the information regarding tobacco products and the skills to help them resist the influence to start smoking. It is much healthier to never start smoking than to start and try to quit later.