

MONOGRAM

MARCH 2023



TOBACCO USE

Myth Busting & Quitting Tips

This March, Mono County Public Health wants you to learn about the dangers of tobacco use, and consider a plan to quit!

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Smokeless

Chewing Tobacco

Loose leaf, plug, or twist and may come in flavors



Snuff Moist, dry, or in packets

Disolvables Lozenges, sticks, strips, orbs

Modern Oral Nicotine

Tobacco-free pouches or lozenges such as Zyn, Velo, Rogue



Smokeless tobacco is not smoked. The nicotine is released and absorbed in the mouth. It can be spit or swallowed depending on the product.

Users chew or suck on tobacco leaves or pouches, releasing nicotine which is absorbed in the mouth's lining. Smokeless tobacco is also known as chewing tobacco, oral tobacco, spit, dip, chew, and snus.

Smokeless tobacco users are at higher risk for oral cancer & infection and tooth & gum decay.

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Cigarettes



Cigarettes are still the most commonly used tobacco product in the United States, despite being scientifically linked to lung cancer since 1964. They are also responsible for most tobacco-related diseases and deaths in the U.S.

Every year, over 500 smokers and nonsmokers are killed in home fires caused by cigarettes and other smoking materials, making this one of the top fire causes in the United States.

Whether you are smoking light, filtered, menthol, or roll your own cigarettes, no product is safe or better than another.

Cigarette butts are toxic waste and should never be littered on the ground.



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Electronic Cigarettes (E-Cigarettes)

E-cigarettes, also called vapes, are made of a battery, an atomizer with a heating coil, and an absorbent material that absorbs liquid made from nicotine, flavoring, and chemicals.

The battery allows the atomizer to heat the liquid, called e-juice, which creates an aerosol that is breathed into the lungs and breathed out into the air repeatedly. Some of these devices are pre-loaded with the e-juice and some require the user to add it.

Unlike combustible cigarettes, these devices are still very new and many of the long-term health consequences are not yet known. Many vape products contain extremely high levels of nicotine.

Many of these products are manufactured by the same companies that produce cigarettes.



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Myth Busting

MYTH: Switching from smoking to vaping is a good way to quit smoking.

FACT: Switching isn't quitting! E-cigarettes are not a tool to quit smoking. They often contain higher levels of nicotine than regular cigarettes, along with other toxic chemicals. If you want to beat your nicotine addiction, talk to your health care provider or pharmacist about nicotine replacement therapy (NRT) options: patches, gum, lozenges, nasal spray, or inhalers. These can help you reduce and eventually eliminate nicotine dependence and may be covered by Medi-Cal, Medicare, and private health insurance.

MYTH: Vapes produce harmless water vapor.

FACT: Vape aerosol contains harmful toxins like formaldehyde, lead, and nickel. These products are largely unregulated. Secondhand smoke from vaping harms children, pets, and the environment.

MYTH: "Tobacco-Free" = "Safe".

FACT: Tobacco-Free products still contain nicotine; the highly addictive substance in tobacco products that harms the brain and body. Any amount of exposure to nicotine is a risk; so even infrequent use can lead to dependence. Big Tobacco is now Big Nicotine, and they are always looking for new customers to addict with exciting new products!

MYTH: "Tobacco and nicotine use is a personal lifestyle choice for individuals 21 and older.

FACT: Exposure to nicotine alters brain chemistry resulting in tobacco dependence and nicotine addiction. This is why people can't stop smoking, vaping, or chewing, even when faced with negative health consequences.

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Treatment Options

There are 7 Food & Drug Administration (FDA) approved treatments available in the United States. Consult a pharmacist or health care provider to discuss which treatments may work for you.

Over the Counter (OTC) Nicotine Replacement Therapy (NRT)

- Nicotine Gum
- Nicotine Patch
- Nicotine Lozenge

Prescription Required

NON-NICOTINE MEDICATIONS:

- Bupropion
- Varenicline

NICOTINE REPLACEMENT THERAPY (NRT):

- Nicotine Nasal Spray
- Nicotine Inhaler

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Quitting Tips



The first 3-7 days will be the worst for physical and mental withdrawal symptoms, but each passing day will get easier. You can expect to feel uncomfortable for up to three weeks. Remember that symptoms are only temporary. The longer you go without nicotine, the easier it will get. Keep quitting until you quit for good!

Withdrawal symptoms may feel worse at certain times of day or in certain places. Your mind may also associate a variety of places, people, or times of day with smoking. Nicotine withdrawal symptoms are safe and should be expected.

Quitting is the best thing you can do right now for your physical and mental health, budget, relationships, and quality of life.

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Resources



For free, confidential support on your quit journey, contact Kick It California.

ENGLISH

- Call 1-800-300-8086
- Text “Quit Smoking” or “Quit Vaping” to 66819
- Visit www.kickitca.org
- Download the No Vape or No Butts app on your device from Apple or Google Play.

SPANISH

- Llama 1-800-600-8191
- Textea "Dejar de Fumar" o "No Vapear" al 66819
- Visita www.kickitca.org/es

