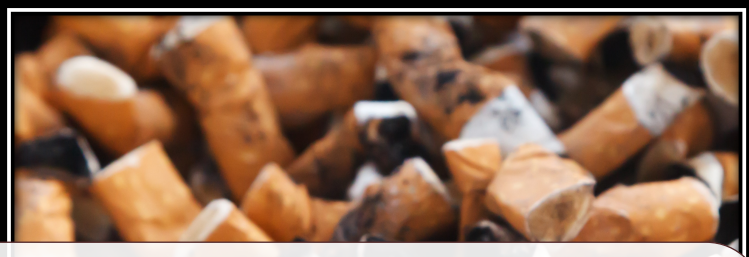


# CIGARETTES



What are cigarettes?

- Cigarettes are rolls of paper with dried tobacco leaves inside.
- They come in hundreds of types, but the main forms are:
  - **Regulars/reds:** These have shorter, less dense filters.
  - **Lights/blues:** These have longer or denser filters.
  - **Menthols/greens/crushables:** These have a minty flavor.
  - **Unfiltered/hand-rolled:** Harsher without the filter. Hand-rolled tobacco is usually bought separately from the rolling papers.

Is there a healthier way to smoke?

- There is no healthy way to smoke.
- Two of the most harmful elements of smoke – carbon monoxide and tar – are created by any kind of burning leaves and can't be avoided. Even "lighter" and "natural" cigarettes don't protect you from either addiction or poor health.

Why do we care?

- Physically, smoking causes asthma, lung damage, and lung cancer. It also causes hardening of the arteries, stress to the heart, and eventually heart attacks and blocked blood vessels.
- Mentally, a smoker's brain becomes so used to feeling pleasure or reward from smoking that they become unable to experience those positive emotions without nicotine--they are addicted.

Why is it hard to quit smoking?

- The nicotine you get from smoking is very addictive on its own. Cigarettes also contain other drugs that make nicotine even stronger. To make things worse, the tobacco industry spends 8.37 billion dollars a year in marketing meant to keep smokers smoking, and to get young people to start.



Tobacco Prevention Toolkit

Division of Adolescent Medicine, Stanford University

For more information go to: [med.stanford.edu/tobaccopreventiontoolkit.html](http://med.stanford.edu/tobaccopreventiontoolkit.html)