

A focus on **Smoking**

There is **no safe** tobacco

Don't turn to other types of tobacco or ways of smoking use as a "safe alternative" to cigarette smoking.

Low-yield cigarettes

They claim to be lower in tar and nicotine than conventional cigarettes. Unfortunately, to compensate for getting less nicotine and taste, many people smoke more low-tar cigarettes. A cigarette rated at 1 mg. of tar can yield 12 mg. of tar or more when over-smoked. When used properly, low-yield cigarettes can be an effective interim step to quit smoking. These tips from the American Lung Association offer suggestions on the proper use of low-yield cigarettes.

- Smoke as few as possible
- Take fewer puffs per cigarette
- Inhale fewer puffs, and don't inhale deeply
- Leave longer butts
- Take the cigarette out of your mouth between puffs
- Quit as soon as you can

Smokeless tobacco

Chewing tobacco and snuff can lead to nicotine addiction, mouth and throat cancer, and gum disease. They also cause bad breath, stained teeth, and a lowered sense of taste and smell.

Cigars and pipes

They contain many of the harmful chemicals found in cigarette smoke, often in much higher amounts. People who inhale cigar and pipe smoke have an even higher risk of lung or heart disease than cigarette smokers and are more likely to get cancer of the mouth, throat, or larynx.

References

Personnel Journal, January 1994, Jennifer Laabs, "Companies Kick the Smoking Habit."

Vitality, June 1991, Lorna Chorn, "Is There A Safe Tobacco?"

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