CHAPTER 1

TYPES OF TOBACCO USE

Smokeless tobacco

Smokeless tobacco is usually consumed orally or nasally, without burning or combustion. There are two main types of smokeless tobacco: snuff and chewing tobacco.

DRY SNUFF

Dry snuff is powdered tobacco that is inhaled through the nose and abraded through the nasal mucosa or taken orally. Once widely spread, particularly in Europe, the use of dry snuff is in decline.

Most Prevalent: Europe

MOIST SNUFF

Moist snuff is a small amount of ground tobacco held in the mouth between the cheek and gum. Manufacturers are increasingly prepackaging moist snuff into small paper or cloth packets to make the product more convenient. Other moist snuff products are known as khanis, snus, shammaah, nass, or naswa.

Most Prevalent: Worldwide

口 THERE IS NO SAFE WAY to use tobacco—whether inhaled, sniffed, sucked, or chewed. Tobacco pastes or powders are similarly used, placed on the gums or teeth. Sometime referred to as 'spit tobacco' because users spit out the built-up tobacco juices and saliva, this mode of tobacco consumption became associated with American baseball players during the twentieth century. The tobacco industry exploited these sports heroes to market their tobacco products to youth. Smokeless tobacco causes a host of problems for the human and leads to nicotine addiction similar to that produced by cigarette smoking.

Chewing tobacco

Oral smokeless tobacco products are placed in the mouth, cheek, or inner lip and sucked (dipped) or chewed. Tobacco pastes or powders are similarly used. There are many varieties of smokeless tobacco, including plug, loose-leaf, chums, toombak, goffis, and twist. Pan masala or betel qid consists of tobacco, areca nuts (Areca catechu), sun-dried, flaked tobacco, and parts of Asia.

Most Prevalent: India

ROLL YOUR OWN

Roll your own (RYO) cigarettes are cigarettes hand-rolled by the smoker from loose tobacco on a cigarette paper. RYO cigarette smokers are exposed to high concentrations of tobacco particulates, tar, nicotine, and tobacco-specific nitrosamines (TSNAs) and are at increased risk for developing cancers of the mouth, pharynx, larynx, lung, and esophagus. In reverse chutta and diwani smoking, the united end of the cigar is placed inside the mouth.

Most Prevalent: Worldwide

MANUFACTURED CIGARETTES

Manufactured cigarettes are the most commonly consumed tobacco products worldwide. They consist of shredded or reconstituted tobacco, processed with hundreds of chemicals and rolled into a paper-wrapped cylinder. Usually tipped with a cellulose acetate filter, they are lit at one end and inhaled through the other.

Most Prevalent: Worldwide

CIGARS

Cigars are made of air-cured and fermented tobaccos with a tobacco-leaf wrapper. The long aging and fermentation process produces high concentrations of carcinogenic compounds that are released on combustion. The concentrations of toxic and irritants in cigars are higher than in cigarettes. Cigars come in many shapes and sizes, from cigarette-sized cigarillos to double coronas, cheroots, stumpen, chuttas, and parts of Asia.

Most Prevalent: North Africa, the Mediterranean region, and parts of Asia.

PIPE TObACCO PRODUCTS

Pipes are made of briar, slate, clay, or other substances. Tobacco is placed in the bowl, and the smoke is inhaled through the stem. In Southeast Asia, clay pipes known as sulpa, chillum, and hookis are widely used.

Most Prevalent: Worldwide

STICKS

Sticks are made from sun-cured tobacco and wrapped in cigarette paper—for example, hand-rolled bidis.

Most Prevalent: Papua New Guinea

Smoking tobacco

Smoking tobacco is the act of burning dried or cured leaves of the tobacco plant and inhaling the smoke. Combustion releases biochemically active compounds in tobacco, such as nicotine and TSNA, and allows them to be absorbed through the lungs.