

# Tobacco Use

## Concerns and Supports



<http://www.nytimes.com/2011/06/22/health/policy/22smoke.html>

# Tobacco Use

- **Smoking is the leading cause of preventable death.**
- Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.<sup>2</sup>
- Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths every day.<sup>1</sup>
- On average, smokers die 10 years earlier than nonsmokers.<sup>3</sup>
- If smoking continues at the current rate among U.S. youth, 5.6 million of today's Americans younger than 18 years of age are expected to die prematurely from a smoking-related illness. This represents about one in every 13 Americans aged 17 years or younger who are alive today.<sup>1</sup>



## **Tobacco Use**

Smoking causes more deaths each year than the following causes combined:<sup>4</sup>

Human immunodeficiency virus (HIV)

Illegal drug use

Alcohol use

Motor vehicle injuries

Firearm-related incidents

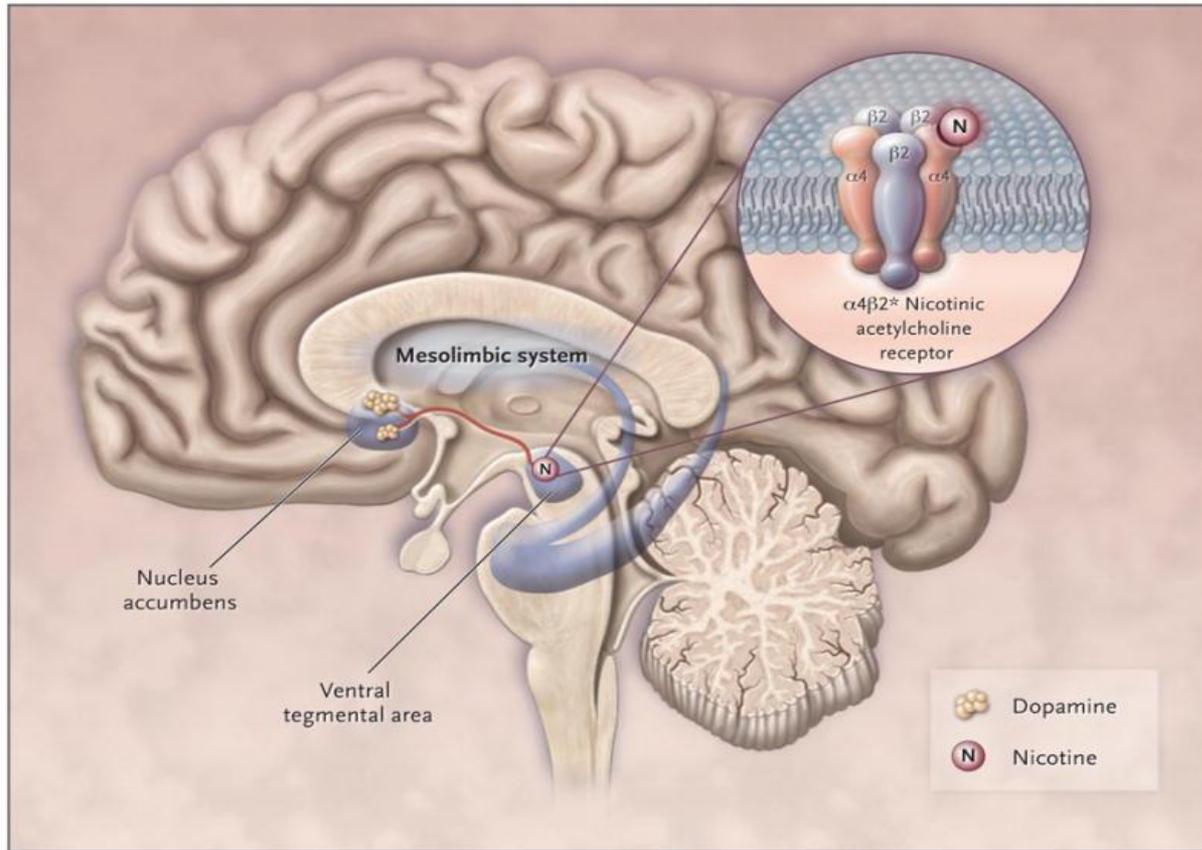
Sources

Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States. JAMA: Journal of the American Medical Association 2004;291(10):1238–45 [cited 2015 Oct 5]

Via:

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)

# Neurological Processes with Tobacco



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2928221/figure/F2/>

# Tobacco alters, impairs, damages, brain function and structure.

- Cigarette smoke's toxic chemicals including carbon monoxide cause brain damage that alters motor control function and short term memory.
- In essence, smokers short circuit their own learning process.
- This causes the tobacco user to feel as if it were a 'calming' effect, as adult learning causes anxiety in the areas of the brain that are associated with emotions.
- Smoker behaviors are seemingly impossible to change as there can be little or no learning process while undergoing continual brain damage
- <http://medicolegal.tripod.com/preventbraindamage.htm>

# Second Hand Smoke

- Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25–30 percent and lung cancer by 20–30 percent.
- Each year about 150,000 – 300,000 children younger than 18 months old experience respiratory tract infections caused by secondhand smoke.
- Children exposed to secondhand smoke are at an increased risk of ear infections, severe asthma, respiratory infections and death.
- In fact, more than 100,000 babies have died in the past 50 years from sudden infant death syndrome (SIDS), and other health complications as a result of parental smoking.
- <https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>

# Quitting

- Tobacco addiction is a chronic disease that often requires multiple attempts to quit.
- Although some smokers are able to quit without help, many others need assistance.
- Both behavioral interventions (counseling) and medication can help smokers quit; but the combination of medication with counseling is more effective than either alone.
- <https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>

# Effective Supports to Quit

## Nicotine Replacement Treatments

- Nicotine replacement therapies (NRTs) were the first pharmacological treatments approved by the Food and Drug Administration (FDA) for use in smoking cessation therapy.
- Current FDA-approved NRT products include nicotine chewing gum, the nicotine transdermal patch, nasal sprays, inhalers, and lozenges.
- NRTs deliver a controlled dose of nicotine to a smoker in order to relieve withdrawal symptoms during the smoking cessation process.
- **NRTs are most successful when used in combination with behavioral treatments.**

# Effective Supports to Quit

## Behavioral Treatments

Behavioral treatments employ a variety of methods to help smokers quit, ranging from self-help materials to counseling.

These interventions teach people to recognize high-risk situations and develop coping strategies to deal with them.

# Quitting

- Hill Country MHDD's Co-occurring Psychiatric and Substance Use Disorder (COPSD) Program can support you into and through a process of quitting.
- Staff in COPSD services can also provide referral for NRTs.

- Please contact

Mary Beth Roper @ 512-392-7151 ext 3435,

Melissa Robbins @ 830-792-7512

David Robbins @ 830-792-7513

for further information or support.

The Texas Quit Line is another resource:

<http://www.yesquit.org/about-the-program/#Quit-Online>