

Tobacco



Contact Us

Please contact us for further information.

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Everyone Makes a Mark

What is Tobacco?

Tobacco remains one of the most universally abused drugs and is the leading cause of preventable death in America .

Tobacco is most frequently smoked in the form of a cigarette as opposed to a cigar or pipe as it is the cheapest way to administer the drug. Alternate routes of administration include chewing, sniffing or holding wet tobacco inside the lip or cheek.

The chemical “nicotine” is responsible for tobacco’s highly addictive nature.

Tobacco use among students

- 19% of recreational smokers begin to smoke habitually after campus arrival
- 10% of undergraduates have their first cigarette after 19 years of age. Additionally, 10% of undergraduates who were non-smokers prior to university anticipated to start smoking upon arrival on campus
- Male smokers outnumber females 8:1
- Due to the change in workload and other transitions that accompany the entrance into university or college, stress levels escalate which increases the risk of cigarette smoking.

Did you know?

Casual or social smokers (less than 10 cigarettes a day) generally identify as non-smokers. They usually smoke at parties, clubs, or bars. They are still at risk for negative health consequences.

Tobacco and your health

Smoking is the known cause of approximately 30 diseases, including cardiovascular disorders, obstructive pulmonary diseases and cancers

- Smoking is responsible for 87% of all lung cancer cases.
- The risk of developing lung cancer in lifelong smokers is 20 to 40 times higher than non-smokers
- Smoking is a predominant cause of asthma, bronchitis, pneumonia and emphysema
- Cigarette smokers are two to five times more likely than nonsmokers to develop oral cancer
- Cardiovascular disease is the number one cause of death from smoking. The risk of cardiovascular disease is greatest among young smokers.

What’s in your Cigarette?!

- Arsenic – lethal poison
- Cadmium – used in batteries
- Nicotine – used as a herbicide and insecticide
- Cyanhydric acid – was used in gas chambers
- Acetone – a solvent
- Methanol – used as rocket fuel
- Carbon monoxide – found in exhaust fumes
- DDT – insecticide (Carmines, 2002)

Trying to quit? Here’s how to get help

Medication

Pharmaceutical products are available to help with the treatment of tobacco dependence. Nicotine Replacement Therapy (NRT) delivers nicotine to the body through the use of a patch or chewing gum. People who use NRT are 2-3 times more likely to be successful at quitting.

Support Programs

Quit 4 Life – A free four week web program aimed to help smokers aged 14-19 quit.

Quitlines – Free hotlines to help you learn more about quitting. Quitlines offer an opportunity to speak to quit smoking experts about counseling and local support groups.

Leave the Pack Behind – A campus program for smoker and non-smoker post-secondary students. LTPB aims to educate, prevent smoking and help students quit.