

# Tobacco Industry Products

## Smokeless Tobacco

Smokeless tobacco products come in various forms and are made of tobacco, water, and additives. These products are used by chewing or sucking them in the mouth or inhaling them through the nose.<sup>1</sup> Research has identified 28 known cancer-causing chemicals in smokeless tobacco products and their use has been associated with several harmful health effects, including cardiovascular disease, oral disease, and certain forms of cancer.<sup>1</sup>

### Forms of Smokeless Tobacco<sup>2</sup>

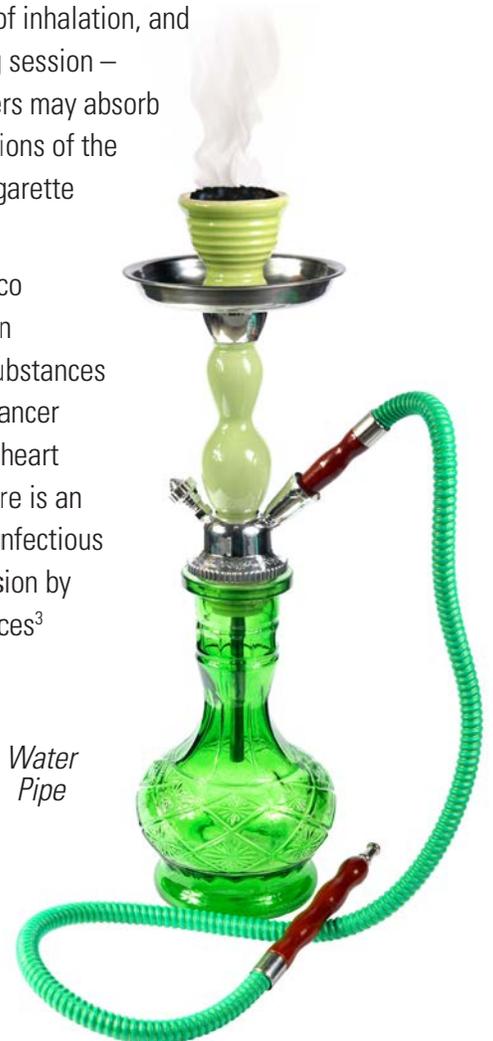
Chewing Tobacco	Loose tobacco leaf, sold in pouches
	Twisted or rolled dry tobacco leaves formed into a rope
	A plug made of tobacco leaves, pressed into a small brick shape. Pieces are cut off, and placed in the mouth
Snuff Tobacco	Dry snuff looks like a powder and is sniffed through the nose
	Moist snuff placed in the mouth
	Snus is a form of moist snuff which can be packaged into small bags



## Water Pipe (also known as hookah)

- A typical water pipe consists of a head, a metal body, a water bowl, and hose (single or multi-stemmed)<sup>3</sup>
- The most popular type of water pipe tobacco is called Shisha, which is a wet mix of tobacco, sweetener, and flavourings<sup>3</sup>
- Water pipe smoking carries many of the same health risks as cigarettes<sup>4</sup> and due to the mode of smoking – frequency of puffing, depth of inhalation, and length of smoking session – water pipe smokers may absorb higher concentrations of the toxins found in cigarette smoke<sup>3,5</sup>
- Water pipe tobacco and smoke contain numerous toxic substances known to cause cancer and contribute to heart disease<sup>3,4</sup> and there is an increased risk of infectious disease transmission by sharing mouthpieces<sup>3</sup>

*Water Pipe*



## Bidi

- Small, thin hand-rolled cigarettes consisting of tobacco wrapped in a tendu or temburni leaf; may be secured with a colourful string at one or both ends; can be flavoured or unflavoured<sup>2,6</sup>
- Bidies tend to be smoked more intensively exposing the user to higher concentrations of nicotine, tar, and carbon monoxide than conventional cigarettes<sup>7,8,10</sup>
- Bidi smoking increases the risk for developing cancer, heart disease, and lung disease<sup>6,9,10</sup>



*Bidies*

## Kretek

- Cigarettes imported from Indonesia containing a mixture of tobacco, cloves, and other additives<sup>10</sup>
- Kretek smoking has been associated with an increased risk for acute lung injury<sup>10,11</sup> and regular kretek smokers have been found to have 13 to 20 times the risk for abnormal lung function compared with nonsmokers<sup>10,12</sup>



*Kretek*

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