



Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Types of Tobacco

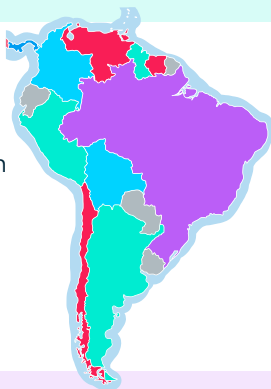
What is Tobacco

- Comes from the leaves of the *Nicotiana tabacum* and *Nicotiana rustica* plants
- Contains nicotine—a highly addictive substance that is commonly smoked, chewed or sniffed
- Its use can lead to many health risks, including cancer, heart conditions and breathing disorders



History of Tobacco:

- The origins of tobacco are unclear
- ***Nicotiana rustica***: the most common form of tobacco in North America originated in South America¹
- **European colonization**: facilitated global reach of tobacco through widespread cultivation and trade

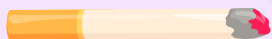


- **First Nations**: by the 16th century, First Nations peoples across North America were introduced to tobacco¹
- **Trade and interaction**: sailors traded tobacco in Newfoundland while the Inuit first used tobacco through interactions with various groups in the late 17th and early 18th centuries¹

Types of Tobacco:

• Cigarettes:

- o Most popular form of tobacco
- o Composed of shredded tobacco wrapped in paper



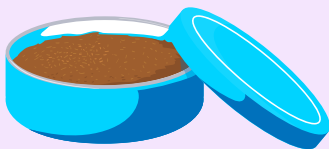
• Cigars:

- o Tightly rolled bundles of tobacco leaves wrapped in a tobacco leaf wrapper
- o Available in many sizes, shapes and flavours
- o Typically smoked recreationally or used for ceremonial purposes^{2,3}



• Smokeless Tobacco:

- o Includes chewing tobacco, snuff and snus
- o Placed in the mouth between the cheeks and gums; nicotine is absorbed through the gums
- o Used as an alternative to smoking, but carries its own health risks^{2,3}



• Hookah/Shisha:

- o Popular in the Middle East and South Asia
- o Tobacco is prepared and smoked through a water pipe
- o Flavoured tobacco is heated and filtered through water
- o Often seen as a healthier alternative; however, it is just as unsafe as other forms of tobacco^{3,4}



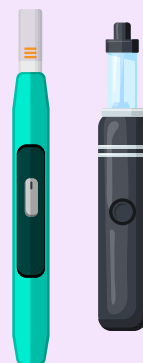
• Pipe Tobacco:

- o Smoked in a traditional pipe
- o Available in different flavours



• E-Cigarettes/Vapes:

- o Aerosol created by heating nicotine-containing liquid using a battery
- o Inhaled as vapour
- o Nicotine composition and quantity can vary greatly by brand⁵





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Levels of Nicotine Found in Each Type of Tobacco:

Product	Amount of nicotine (average) ^{6,7}
Cigarettes	1.1–1.8 mg (per cigarette)
Cigars	13.3–15.4 mg (per cigar)
Mini Cigars	3.8 mg (per mini cigar)
Chewing Tobacco	144 mg (whole can) or 6.9–12 mg/g (per use)
Hookah	1.04 mg (per puff)
Pipe	30.08–50.89 mg (per pipe)
E-Cigarettes	0.03–1.03 mg (per puff; greatly varies between brands)

References:

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