

Types of tobacco products

Cigarettes

A cigarette is a small cylindrical chamber with finely cut tobacco leaves rolled into thin paper for smoking. The cigarette is lit and burned slowly on one end, and on the other end smoke is inhaled through the mouth. Cigarettes carry dangerous chemicals, about 4,000 when burned and smoked. Approximately 50 of these known chemicals found in cigarettes have been linked to cancer. Cigarette smoking accounts for more than 440,000 deaths per year in the United States. Read more from the [CDC](#) and [American Lung Association](#).

Electronic cigarettes

Electronic cigarettes (e-cigarettes or e-cigs) are designed to resemble real cigarettes, from the tip to the butt. E-cigs are battery-operated devices electronically releasing nicotine that is inhaled. E-cigs contain a heating element that turns a liquid solution into a vapor that looks like cigarette smoke. Some e-cigs release nicotine, and others release flavored vapor. E-cigs do not have a label listing their ingredients, subsequently leading to debates about possible harmful effects of e-cigarettes. Read more on e-cigs from the [American Cancer Society](#) and [Mayo Clinic](#).

Cigars and cigarillos

A cigar is a tightly rolled tobacco leaf that contains dried and fermented tobacco. Similar to a cigarette, a cigar is lit and burned slowly on one end, and on the other end smoke is drawn into the mouth, but the smoke is not usually inhaled into the lungs.

A cigarillo is a short and narrow cigar. They are usually larger than a regular cigarette, but smaller than a cigar. Cigarillos, like cigars, are not usually inhaled into the lungs. Both cigarillos and cigars can be flavored, making them more desirable.

Given that cigarillo and cigar smoke are not usually inhaled into the lungs there are misconceptions that they're "safer" therefore "healthier" to smoke than regular cigarettes. However, cigarillos and cigars contain nicotine and many cancer-causing chemicals that are absorbed through the cheeks inside of the mouth. This can lead to cancers of the lips, mouth, tongue, throat, and lungs. Read more on cigars and cigarillos from the [American Cancer Society](#).

Chewing tobacco

Chewing tobacco is a form of tobacco that is smokeless. It is usually used by taking a small portion and placing it between the gum and cheek inside the mouth. Chewing tobacco has to be chewed in order for flavors and nicotine to be released. Dipping tobacco is used in the same manner, however chewing is not required. The unwanted juices of chewing and dipped tobacco are usually spat out. Although these forms of tobacco are smokeless, it does not come without risks. Like cigarillos and cigars chewing and dipping tobacco contain nicotine and many cancer-causing chemicals that are absorbed through the cheeks inside of the mouth leading to cancers of the lips, mouth, tongue, throat, and lungs. Read more on the effects of smokeless tobacco on the [American Cancer Society](#) and [Mayo Clinic](#) websites.

Hookahs

Hookahs are water pipes used to smoke specially made tobacco that can be flavored. Hookah smoking began in Persia and India and is gaining popularity across the world. The parts of a hookah consist of a smoke chamber, water bowl, a pipe, and a hose. The hookah tobacco is heated and the smoke passes through the water bowl into the hose and is inhaled with a mouth-piece. Many people who use hookahs feel it is safer than smoking regular cigarettes. While in reality, smoking hookah has the same risks as smoking regular cigarettes. Contributing to cancers of the mouth, throat, lungs, and stomach. For more on Hookahs visit the [CDC's webpage](#).

Spliffs

A spliff is a marijuana joint containing tobacco. Spliffs are similar to cigarettes in that they contain tobacco. However, spliffs can be more potent than cigarettes because it's difficult to know how much tobacco a spliff may really have. Spliffs consists of the same hazards as cigarettes, containing various cancer causing chemicals. Leading to cancers of the mouth, throat, lung, stomach, and pancreas. For more information visit the [American Lung Association website](#), as well as OPEN's [website](#) and [brochure](#) on marijuana.