



CIGARETTES, CIGARS & PIPES

The drug in tobacco is nicotine. Nicotine changes the brain and traps a smoker in the habit. Then the other chemicals in tobacco weaken the heart and lungs until the smoker is dead.

Tobacco comes from the plant *Nicotiana tabacum*. It contains nicotine naturally. Tobacco also contains about 4,000 other chemicals.

DRUG ID

Varieties: Cigarettes, cigars, and pipe tobacco are made from the leaves of the tobacco plant. Bidis are cigarettes made in sweet flavors, like chocolate — flavors that appeal to kids.

Street Names: Butts, cancer sticks, coffin nails

Actions: Nicotine reaches the brain within 10 seconds. Nicotine excites and calms the brain, so users feel both relaxed and alert. The pleasure of nicotine immediately begins to decrease. The smoker needs to smoke many times a day to feel good again.

THE NUMBERS

Tobacco use kills 4 million people worldwide each year.

430,000 Americans die each year due to tobacco use.

95% of smokers who quit without help start smoking again in less than a year.

MAKE HEALTHY DECISIONS
BE DRUG FREE!





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WAY TO GO

tobacco's millions

GOOPY