

# beyond cigarettes and dip

4 Popular yet misunderstood tobacco products

**When they hear the word “nicotine,” most people automatically think of smoking cigarettes. But today, nicotine is consumed in many ways. Here’s an overview of some of the most commonly used tobacco products and the misconceptions people have about them.**

## End Nicotine Delivery Systems

### What are they?

End Nicotine Delivery Systems (ENDS) are battery-operated devices that turn liquid, which often contains nicotine and other chemicals, into a vapor. Users then breathe in the vapor instead of the smoke produced by conventional cigarettes.

ENDS come in many forms, each containing four components: a cartridge that holds the liquid, a heating element, a power source and a mouthpiece. These are some of the most common types used in the U.S.:

- Rechargeable or disposable e-cigarettes
- E-cigars
- E-pipes
- E-hookahs
- Hookah pens
- Vapes
- Vape pens
- Mods

### Why you shouldn’t use them

Because they usually contain nicotine, using ENDS can lead to nicotine addiction. They also contain harmful substances like lead, flavorings, small particles and chemicals that can lead to lung disease and cancer. Although these devices do not produce smoke, those who are near someone using them can be exposed to the harmful aerosols and chemicals they contain.

## Hookahs

### What are they?

Hookahs are water pipes used to smoke specially made flavored tobacco. They come in different sizes and contain four parts: a head with holes in the bottom, a metal body, a water bowl and a flexible hose with a mouthpiece.

### Why you shouldn’t use them

You can inhale 50-100 times more smoke during a hookah session than you do while smoking a cigarette. Hookahs contain nicotine plus high levels of carbon monoxide, metals and chemicals that can increase your risk of clogged arteries, heart disease, and lung, bladder and oral cancers. Because many users often share one mouthpiece, there’s an increased risk of spreading infections from person to person.



Even tobacco products labeled “natural,” “organic” or “additive-free” are harmful to your health.



## Remember ...

If you're experiencing withdrawal, it's important to address both the physical and the mental/emotional symptoms. Counseling and self-help materials may help.

## Cigars

### What are they?

Cigars are usually made of a single type of combustible tobacco rolled in a tobacco wrapper. They vary in size from large/premium to little filtered cigars or cigarillos. Cigar smoke is not meant to be inhaled, which leads to the myth that they're safer than cigarettes.

### Why you shouldn't use them

Smoking cigars may increase your risk for nicotine addiction, gum disease, tooth loss, lung diseases such as emphysema and bronchitis, coronary heart disease (if inhaled), and cancers of the lung, esophagus, larynx, lip, tongue, mouth and throat. Compared to a filtered cigarette, large cigars can deliver as much as 10 times the nicotine, twice the tar and more than five times the carbon monoxide.

## Bidis

### What are they?

Bidis are small, thin, hand-rolled cigarettes containing tobacco wrapped in a tendu or temburni leaf. The ends are often tied with a colorful string, and they can be flavored or unflavored. They are imported to the U.S. primarily from India.

### Why you shouldn't use them

Bidis contain higher concentrations of nicotine, tar, and carbon monoxide than "regular" cigarettes. Smoking bidis could increase your chances of nicotine addiction, heart disease, emphysema, chronic bronchitis, and oral, lung, stomach and esophageal cancers.

Sources: Centers for Disease Control and Prevention, [cdc.gov](http://cdc.gov); National Institutes of Health, [drugabuse.gov](http://drugabuse.gov); [Smokefree.gov](http://Smokefree.gov); FDA, [fda.gov](http://fda.gov); American Cancer Society, [cancer.org](http://cancer.org)

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