

The Weight of Tobacco and Vaping

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1. Increase knowledge of tobacco-caused disease and burden (how the body is harmed).
2. Increase knowledge of tobacco use and nicotine impact on human immunodeficiency virus (HIV) and Acquired Immunodeficiency Syndrome.
3. To identify emerging tobacco products and industry tactics.
4. Increase knowledge about forms of tobacco exposure

CDC's Best Practices for Comprehensive Tobacco Control Programs-2014

- **Reduce tobacco-related morbidity and mortality by:**
 - Preventing initiation of tobacco use
 - Promoting tobacco cessation
 - Reducing exposure to secondhand smoke
 - Eliminating tobacco-related disparities

The Toll of Tobacco Use

According to numerous Surgeon General's Reports, tobacco use is the single most preventable cause of

- Disease
- Disability
- Death



The Uneven Balance Scale of Tobacco Use



Tobacco alters the body

- Lungs
- Esophagus
- Heart
- Kidneys
- Skin

The Toll of Tobacco Use

Deaths and Disease in the U.S. from Tobacco Use

480,000 DEATHS 

HIV rates are up...

- Mississippi ranks in the top 10 in HIV rates
- Jackson, Mississippi ranks in the top 5 nationally

New HIV Diagnoses in the US and Dependent Areas by Race/Ethnicity, 2020*

Racial and ethnic differences in HIV diagnoses persist.

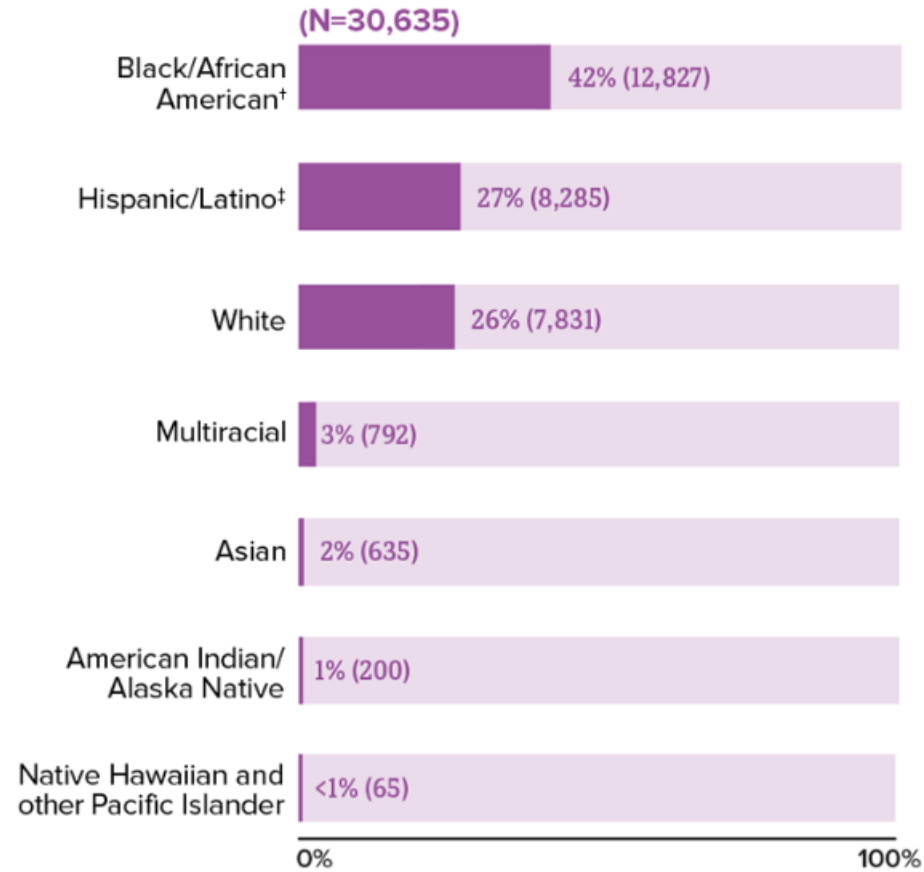


Image Source: Centers for Disease Control and Prevention

New HIV Diagnoses in the US and Dependent Areas for the Most-Affected Populations, 2020*

Gay and bisexual men are the population most affected by HIV.

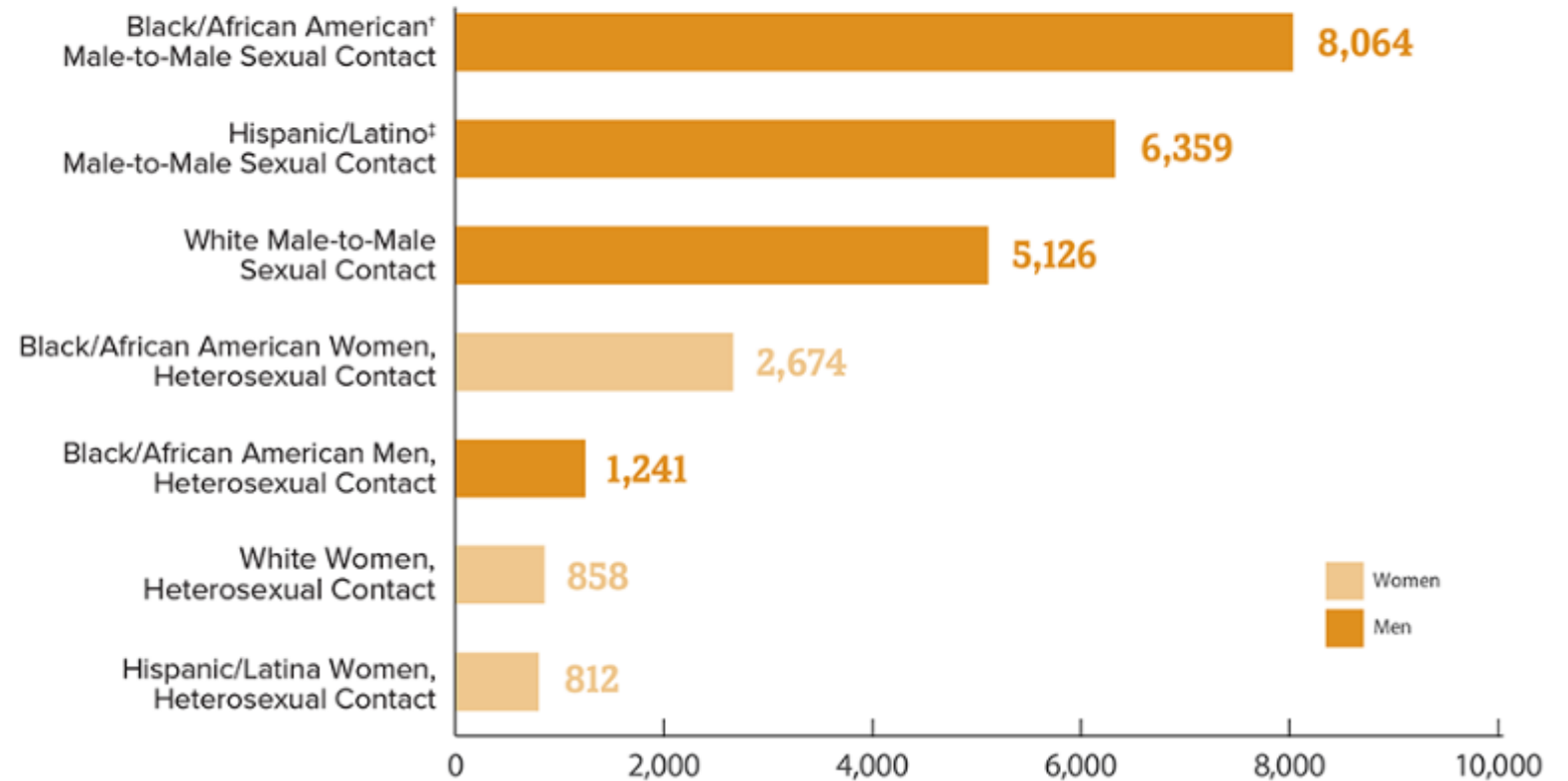


Image Source: Centers for Disease Control and Prevention

- Over **1.2 million** people in the US are living with human immunodeficiency virus (HIV), and an estimated **34-47% smoke cigarettes.**

☐ Smokeless or Spit Tobacco

- Oral (moist)
- Loose leaf chewing tobacco
- Plug chewing tobacco
- Nasal snuff
- Snus

Other tobacco products

- Betel Quid - Tobacco, areca nuts, and lime
- Lozenges

☐ Smoked Tobacco

- **Cigarettes (Menthol)**
- **Cigars/Cigarillos (Flavors)**
- Pipe
- Bidis
- Kreteks
- Herbal Cigarettes
- **Hookah Smoking**
- **E-cigarettes (Flavors)**



ALL TOBACCO PRODUCTS



Relationship: Tobacco and nicotine

- Tobacco is a plant grown, which the leaves are smoked or chewed,
- The Tobacco plant contains a chemical called nicotine (stimulant).
- Nicotine can be extracted and has addictive properties.

Nicotine effect on the Brain

- Smoking can result in faster cognitive decline than nonsmokers
- Brain development continues until about the age of 25,
- Nicotine changes brain cell activity in the parts of the brain responsible for attention, learning, and memory. It can also worsen: anxiety, irritability, impulsivity
- Craving Nicotine is powerful.

- Increase in blood pressure, heart rate,
- Alter the flow of blood to the heart and a narrowing of the arteries (vessels that carry blood).
- Nicotine may also contribute to the hardening of the arterial walls(plaque buildup).

FACT you should know...

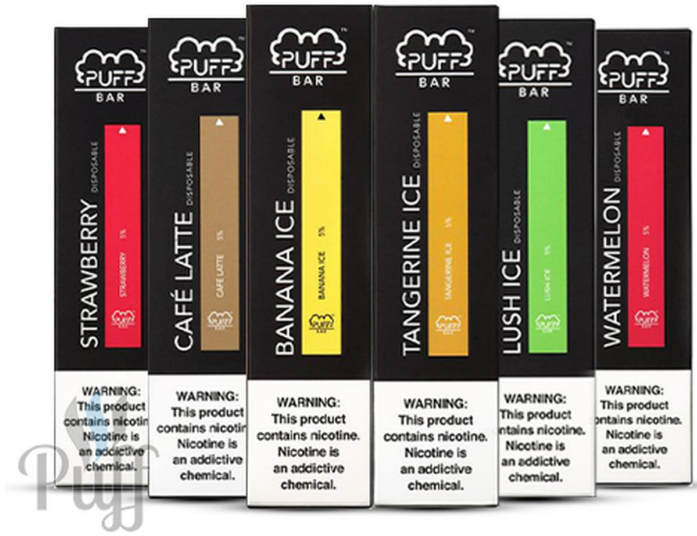
- **Lung cancer** has become a leading cause of death among people living with human immunodeficiency virus (HIV) (PLWH)

- Smoking is a serious health threat for everyone, but it's immunocompromising and dangerous while living with HIV.
- Smokers living with HIV are more likely than nonsmokers with HIV to develop:
 - Various types of Cancers;
 - Heart disease and stroke;
 - Chronic obstructive pulmonary disease (COPD); and
 - Serious HIV-related infections, including bacterial pneumonia.

- Tobacco and nicotine usage can cause the body to have a poorer response to HIV treatment (shorter lifespan)
- Studies have been found to show individuals who smoke who adhere to antiretroviral therapy (ART) but smoke are substantially more likely to die from tobacco-induced diseases such as lung cancer than from AIDS-related causes.

E-Cigarette

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**WARNING: THIS PRODUCT CONTAINS NICOTINE.
NICOTINE IS AN ADDICTIVE CHEMICAL.**

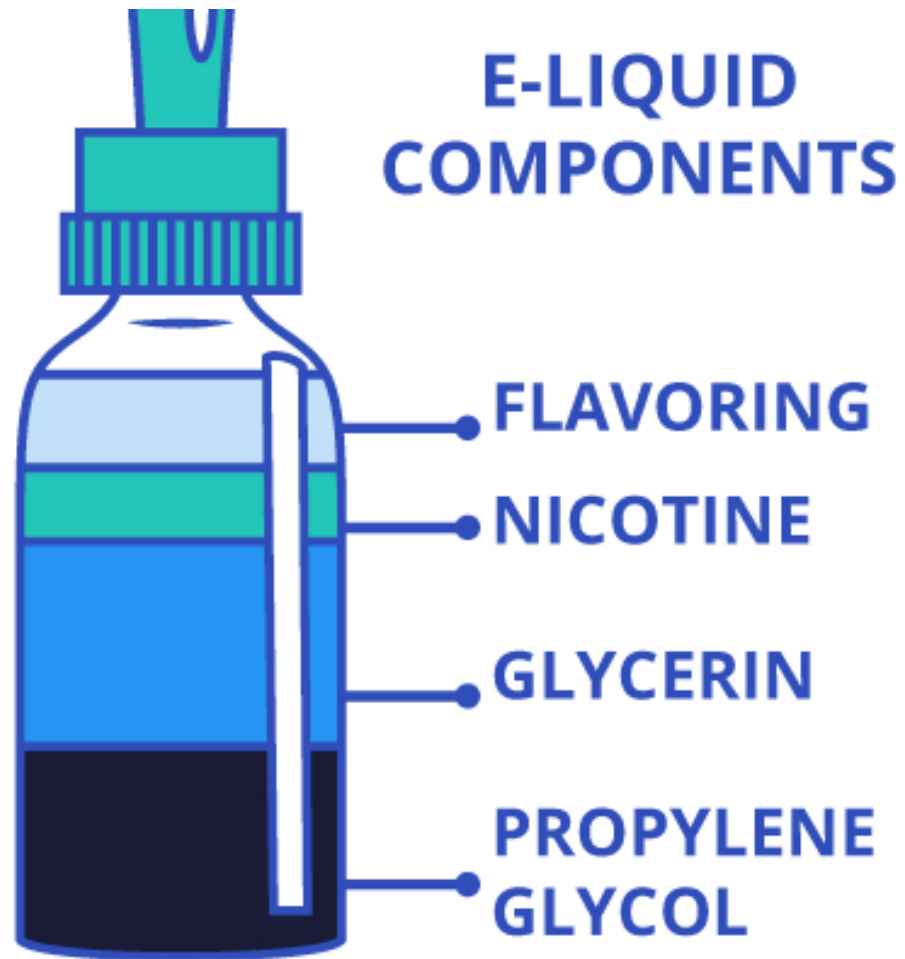
E-cig/Vaping has Evolved

What do we know about Vaping?

Battery-operated device that changes a liquid chemical (e-juice) into an aerosol that can be inhaled

4 main components:

- Battery
- Cartridge or tank
- Liquid chemical (e-juice)
- Atomizer with a heating element



Metals are in the vapor

Synthetic nicotine is made in a lab

Nicotine concentration can be higher

Affects Mental Health (it's not a stress reliever)

Lungs are significantly affected

What's the Worst that Can Happen?

EVALI stands for **e-cigarette or vaping use-associated lung injury**. It was originally known as VAPI (vaping-associated pulmonary illness). The new name is in response to a growing number of severe lung illness cases related to using an e-cigarette and vaping products, the first being identified during 2019.

- **First-hand smoke or vapor** – inhaled by the person who smokes or vapes
- **Second-hand smoke or vapor** – smoke or vapor that comes from being in close proximity to someone using tobacco products
- **Third-hand smoke or vapor** – the after-effects of smoke left on clothes, cars, or in a room after someone smokes or vapes

Smoking impacts the entire body.....Quit Now

Talk to Experts

1-800-784-8669
(1-800-QUIT-NOW)

The Tobacco Quitline is open six days a week. Call today to talk with experts about tobacco, health, and quitting. Or check out their help [online](#).

WHY SHOULD YOU QUIT?

Quitting smoking may be one of the most important steps toward better health that anyone with HIV can take.

- **The benefits include:**
- **Lowering the risk of many types of cancer;**
- **Reducing the risk of COPD, heart disease, and stroke;**
- **Reducing HIV-related symptoms such as fatigue, nausea, and body pain;**
- **Improving quality of life and life expectancy.**

How to QUIT

- **1-800-QUIT-NOW**
- **Ages 13-24:** Truth Initiative “*This is Quitting*”
- Smokefree.gov
- Talk with your healthcare provider about programs and products that can help you quit smoking.
- Counseling support.
- Learn relaxation techniques
- Lifestyle modifications

- **National Coordinating Resource Center** – serves as the central web-based repository for AETC Program training and capacity building resources; its website includes a free virtual library with training and technical assistance materials, a program directory, and a calendar of trainings and other events. Learn more: <https://aidsetc.org/>
- **National Clinician Consultation Center** – provides free, peer-to-peer, expert advice for health professionals on HIV prevention, care, and treatment and related topics. Learn more: <https://nccc.ucsf.edu>
- **National HIV Curriculum** – provides ongoing, up-to-date HIV training and information for health professionals through a free, web-based curriculum; also provides free CME credits, CNE contact hours, CE contact hours, and maintenance of certification credits. Learn more: www.hiv.uw.edu

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Questions?

- The Great American Smoke out (November) is the National Quit Day Campaign (American Cancer Society)
- Make a quit plan today!