

# Glossary of Tobacco and Nicotine - Related Terms



RIGHT DECISIONS

**BE  
NICOTINE  
FREE**

RIGHT NOW

## Rationale:

These terms will be helpful for your students as you progress through the Right Decisions, Right Now: Be Nicotine Free program. You may wish to periodically display and review the terms on an interactive whiteboard as your students work through the program activities.

## addiction

A chronic, relapsing disease characterized by compulsive drug-seeking and abuse despite adverse consequences. It is associated with long-lasting changes in the brain.<sup>1</sup>

## cessation

Quitting tobacco.<sup>2</sup>

## e-cigarette

E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid. They produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).

## emphysema

A lung disease in which tissue deterioration results in increased air retention and reduced exchange of gases. The result is difficulty breathing and shortness of breath.<sup>1</sup>

## leukoplakia

A precancerous lesion of the soft tissue in the mouth that consists of a white patch or plaque that cannot be scraped off.<sup>3</sup>

## nicotine

An alkaloid derived from the tobacco plant that is primarily responsible for smoking's psychoactive and addictive effects.<sup>1</sup>

## secondhand smoke

A mixture of gases and fine particles that includes smoke from a burning cigarette, cigar, or pipe tip; smoke that has been exhaled or breathed out by the person or people smoking; and more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.<sup>4</sup>

## smokeless tobacco

The two main types of smokeless tobacco in the United States are chewing tobacco and snuff. Chewing tobacco comes in the form of loose leaf, plug, or twist. Snuff is finely ground tobacco that can be dry, moist, or packaged in sachets.<sup>3</sup>

## tar

A resinous, combusted particulate matter made by the burning of tobacco and other plant material in the act of smoking. Tar is toxic and damages the smoker's lungs over time through various biochemical and mechanical processes.<sup>5</sup>

## tobacco

A plant widely cultivated for its leaves, which are used primarily for smoking; the *N. tabacum* species is the major source of tobacco products.<sup>1</sup>

## withdrawal symptoms

A variety of symptoms that occur after chronic use of an addictive drug is reduced or stopped.<sup>1</sup>

<sup>1</sup> [www.nida.nih.gov/ResearchReports/Nicotine/glossary.html](http://www.nida.nih.gov/ResearchReports/Nicotine/glossary.html)

<sup>2</sup> [www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)

<sup>3</sup> [www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/smokeless/smokeless\\_facts/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm)

<sup>4</sup> [www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm)

<sup>5</sup> <http://www.merriam-webster.com/dictionary/tar>