

Calculate your costs

If you're a pack a day smoker, this is what it costs to get enough nicotine to keep cravings at bay.

	Product	Monthly cost	Yearly cost
Smoking	Cigarettes	\$217.28	\$2,607.36
	Rollies	\$84.00	\$1,008.00
Safer nicotine products	Smokeless tobacco	\$61.52	\$738.24
	Vaping	\$44.60	\$452.64
	Nicotine replacement therapy	\$279.94	\$3,359.28

*These numbers may vary but are based on costs in the Downtown Seattle area.

Replacing cigarettes with safer nicotine products can help keep you safer and healthier, and can save you money.



Want to learn more?

The UW-DESC Safer Nicotine Intake Product Education Project is here for you.

Call the UW research team
toll free at 1-855-320-1004
or

Email us at hartrlab@uw.edu



Safer
Nicotine
Intake
Product
Education



Helping you with the decision
to use nicotine more safely
to improve your quality of life

What's the deal with cigarettes?

Cigarette smoke contains about 250 cancer-causing chemicals that get stuck in your lungs and do damage. That causes difficulty breathing, smokers' cough, emphysema, and lung cancer. The chemicals from smoke also get into your bloodstream and are carried through your body where they do further damage to your heart, blood vessels, and other organs.

Nicotine is addictive, but not

dangerous. Nicotine is the primary drug in cigarettes that gets smokers hooked. It revs up the nervous system; some people feel it helps them concentrate, gives them energy, and helps them relax.

What you do depends on your

goals. Your goals and what you choose to do about smoking is up to you. Some people choose to keep smoking, others choose to use safer nicotine products, and others cut down their smoking.

If you are interested in quitting, here is the state quit line number: 1-800-QUIT-NOW.

We just want to be sure you have all the facts you need to make informed decisions for yourself.

You have choices about safer ways to use nicotine.



You could *continue* to smoke as you do now. It comes with the highest risks for developing different types of cancer, heart, and lung problems, but that choice is up to you.



Cutting down the number of cigarettes you smoke in a day will reduce the amount of carbon monoxide in your body. That will help you breathe better, and your body can get more oxygen. If it's hard to cut down, you can always replace some cigarettes during the day with safer nicotine products listed below.



You can switch to a different type of tobacco product—**smokeless tobacco**. Smokeless tobacco is 85% safer than cigarettes¹ because the chemicals are absorbed through the inside of your mouth instead of through smoke in your lungs. Although there is still a risk of developing some cancers, like oral cancer it is much smaller than the risk of smoking. Certain kinds of smokeless tobacco, like moist snuff dip, and snus, are a little safer than fire-cured chewing tobacco.



E-cigarettes and vaporizers heat liquid that contains nicotine until it evaporates into steam and is inhaled. Although the long-term effects of e-cigarette and vaporizer use are not fully understood, they are 95% safer than smoking¹ because they do not create the smoke that causes lung damage. Also, they do not contain high amounts of the cancer-causing agents found in tobacco smoke.



Nicotine replacement therapy (NRT) is a group of products that contain nicotine but not tobacco. They include nicotine gum, patches, lozenges, tablets, and nasal sprays. This is the safest nicotine choice because, unlike e-cigarettes and vaporizers, NRT is regulated by the FDA and does not contain the cancer-causing agents found in tobacco smoke. It is 98% safer than smoking cigarettes¹.

↑
LEAST SAFE

↓
MOST SAFE

¹ These numbers come from an article in *European Addiction Research* by Dr. David Nutt and colleagues (2014).