

# Traditional Tobacco:

Tobacco has always been valued by many Indigenous people. Indigenous people give gifts of tobacco for many purposes.

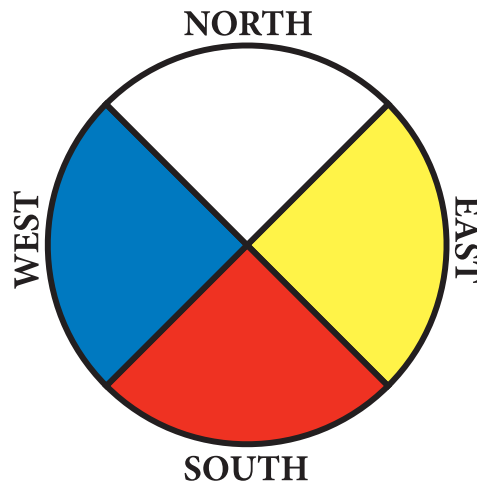
*Traditional tobacco is a powerful and sacred medicine.*

*Traditional tobacco does not contain added chemicals, like extra nicotine.*

*In some parts of Saskatchewan, other traditional medicines, such as kinikinik, are added to or used instead of traditional tobacco.*

*Traditional tobacco may be offered to Mother Earth when hunting or gathering, to elders when seeking guidance or during prayer or ceremony.*

*In ceremony, smoke from traditional tobacco is used to communicate with the spirit world.*



## Tobacco Use Fact Sheet

### from Traditional to Commercial:

Tobacco has been around for thousands of years, with important traditional uses. More recently people have started using commercial tobacco. Commercial tobacco includes products like cigarettes, e-cigarettes, smokeless and chewing tobacco, and other things.

Cigarettes and chewing tobacco are not the same as traditional tobacco. Commercial tobacco is big business! The companies who make commercial tobacco are trying to make money off of people buying their product—any way that they can. Misuse of commercial tobacco products has a huge impact on the health of ourselves, and our communities



## Commercial Tobacco information:

**Commercial tobacco** products contain more than just tobacco leaves. Commercial tobacco smoke contains more than 4000 harmful chemicals, over 70 of which are known to lead to cancer.

**Commercial tobacco** is highly addictive. To be addicted to something means your body and mind become so used to it that you need to have it just to feel OK.

**Approximately 9 out of 10** adult smokers began smoking as teenagers, or even earlier.

### **SECOND and THIRD-HAND SMOKE:**

**Second-hand smoke** is the smoke breathed out by a person smoking, combined with the smoke that goes into the air from the burning end of a cigarette.

**Third-hand smoke** is the toxic chemicals in smoke that stick around even after the smoker has put out the cigarette, cigar or pipe. Third-hand smoke gets trapped in hair, skin, clothes, carpet, furniture and toys. It builds up over time.

**When someone smokes**, the people around them are forced to breathe in the chemicals in second and third-hand smoke, even if the smoker is in another room or opens a window.

**Second and third-hand smoke** increases the risk of things like asthma attacks and lung and airway infections, especially for elders and babies.



# Tobacco Use Fact Sheet

Kick the cigarettes and cash in the savings:

*Two weeks savings and you could buy a new pair of Apple Air Pods!*

*Four weeks and you could buy a Smart TV!*

*PS4 Pro? It's yours with the money you'd save after only six weeks smoke-free!*

*Want to guess how many people commercial tobacco kills?*

**More than 45,000 Canadians each year.**

