



Mayo Clinic Minute: No 'lesser evil' when it comes to tobacco use

Video	Audio
<p>Jon Ebbert, M.D. Medical Director Mayo Clinic Nicotine Dependence Center</p>	<p>Smoked tobacco has the strongest association with cancer, and it goes beyond cigarettes.</p>
	<p>"Hookah, which is a smoked and inhaled tobacco, has a similar cancer risk because it's the process of smoking and inhaling those 7,000 chemicals that increases the risk for cancer."</p>
	<p>Mayo Clinic's Dr. Jon Ebbert says there's no safe, or safer, way to consume tobacco. A common misconception is that cigars are less harmful than cigarettes.</p>
	<p>"And all the same risks that you get with cigars that you inhale are exactly the same risks you have with conventional cigarettes."</p>
	<p>He says even cigar users who tend to not inhale are still at risk.</p>
	<p>"So if you smoke a cigar and just hold it in your mouth and exhale, all the tissues in your mouth that are exposed to the cigar smoke have an increased risk for cancer."</p>
	<p>Head and neck cancers are more common in people who smoke cigars as well as those who use smokeless tobacco, which is also associated with pancreatic and kidney cancer.</p>
	<p>"And with electronic cigarettes specifically, we don't have enough longitudinal data to know whether those products are associated strongly with cancer. But we do know that those products result in the release of carbonyls and heavy metals. And those are known, theoretically, to lead to cancer."</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan.</p>