



SMOKING CESSATION

What is Tobacco?

Tobacco is a type of green plant that is often used in the manufacture of cigarettes, hookahs (shisha), cigars, and smokeless tobacco products.

Tobacco is highly addictive due to nicotine, a substance found in the tobacco plant. When you smoke, nicotine penetrates the lungs, is absorbed into the bloodstream and carried to the brain within seconds. The brain then secretes adrenaline and dopamine, which cause a feeling of pleasure. But soon this feeling fades, and with it the person's vitality and activity, the need for this feeling increases again.

Over time, the body's ability to tolerate nicotine increases, which makes you want to smoke more to repeat the same sensation and avoid symptoms of abstinence. This recurring cycle leads to addiction and difficulty quitting smoking.

What do Tobacco Products Contain?

A cigarette contains a deadly mixture of 7,000 chemicals. Hundreds of these substances are known to be harmful, while 70 of them cause cancer. Some gases and chemicals include:

Butane: Used in lighter fluid, **Cadmium:** Used in batteries, **Hexamine:** BBQ lighter fluid, **Toluene:** Solvent used in paint, **Nicotine:** Insecticides, **Ammonia:** Used in household cleaning supplies, **Methane:** Sewer Gas, **Arsenic:** Toxic Substance, **Carbon Monoxide:** Produced by car exhaust fumes, **Methanol:** Used in rocket fuel.



What are the Health Risks of Smoking?

Smoking tobacco affects the entire body:

Diseases

Stroke, Blindness and Cataracts, Maternal Smoking – Congenital Defects, Gum Disease, Atherosclerosis, Coronary Heart Disease, Pneumonia, Respiratory Diseases, Tuberculosis, Asthma, Peripheral Vascular Disease, Diabetes, Hip Fractures, Ectopic Pregnancies, Reproductive Diseases and Rheumatoid Arthritis.

Cancers

Pharynx, Throat, Esophagus, Bronchi and Lungs, Leukemia, Stomach, Liver, Pancreas, Kidney, Colon, Urinary, Cervix and Passi.

Deterioration of health and immunity in general.

What is Passive Smoking?

Passive smoking is the inhalation of tobacco smoke from others. Passive smokers inhale as many toxic substances as a smoker and are at the same risk of cancer.

Children who are exposed to tobacco smoke have a greater risk of:

- Sudden infant death syndrome
- Respiratory system infections
- Asthma attacks
- Ear infections

What are the Benefits of Quitting Smoking?

After 20 minutes: Heart rate and blood pressure return to normal

After a few hours: Carbon monoxide levels decrease and the lungs begin removing mucus and other waste

After 5 days: Most of the nicotine exits the body

After 1 week: Sense of taste and smell improve

After 3 months: Lung function begins to improve

After some years: The risk of cancer and the risk of diseases related to smoking is reduced