

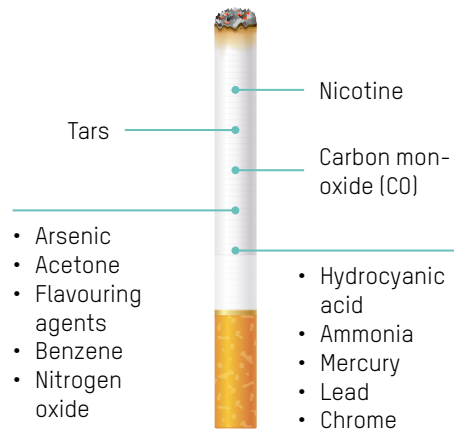


WHAT DO YOU KNOW ABOUT TOBACCO?

Tobacco is originally a plant that has been manipulated by the tobacco industry to increase addiction and make it more enjoyable to consume. Tobacco is a drug and therefore has psychotropic effects. It acts on the brain (central nervous system), and therefore makes you addicted to it...

Tobacco is consumed in different ways according to cultures, lifestyles, norms, ...

COMPONENTS (PRODUCT AND SMOKE)



more than **4000** substances, including **250** toxic and more than **50** carcinogen

• **Tobacco smoke** gives off more than 4000 substances directly breathed in by the consumer and those around him. Among these substances, we mainly find :

- **Nicotine** is present in the tobacco plant, it reaches the brain within seconds, which is highly addictive and has an exciting effect on the body. During consumption and up to twenty minutes afterwards, it is also responsible for an increase in heart rate and blood pressure as well as a narrowing of blood vessels (vasoconstriction).

- **Additives** are primarily intended to increase consumer dependence and make the product as attractive as possible (by improving taste, reducing irritation or facilitating the passage of smoke deeper into the lungs).

Some examples of additives : ammonia, cocoa, menthol,...

- **Carbon monoxide (CO)** is a very toxic gas that you can't see or smell. It takes the place of oxygen in the blood, which increases the risk of cardiovascular disease (heart attacks, pulmonary embolisms, strokes, thromboses...).

- **Tar** is an oily and sticky substance that clings to the lungs and is difficult to remove. It makes fingers and teeth yellow. Tar plays an important role in the development of cancer.



TOBACCO UNDER THE MICROSCOPE



industrial (in packs), rolled, tubed

These three types of **CIGARETTES** contain chopped tobacco coated with vegetable fiber paper, their content of harmful products varies. Thus, tobacco of rolled and tubed cigarettes, packed irregularly, burns less well and produces more toxic products. The filter, if present, retains some of the tar and larger toxic particles.



CIGARES are made of chopped tobacco wrapped in a tobacco leaf or layers of spirally wound tobacco leaves. Smoking one cigar is approximately equivalent to smoking 4 cigarettes. On average there is 20 times more carbon monoxide, 5 times more toxic particles and 2 times more tar.



The **PIPE** is an object often made of wood in which tobacco or other substances such as cannabis are inserted. A pipe smoker tends to pull less than on a cigarette. However, health risks are present. For example, smoking a pipe is equivalent to the smoking of about 5 cigarettes.



When tobacco is mixed with cannabis, it is consumed as a **JOINT**. The psychotropic effects of the joint vary depending on the type of cannabis plant. The smoke from a joint has a higher level of carbon monoxide and tar. One joint equals ±7 cigarettes.



The **SHISHA** (or Hookah) is a water pipe for smoking tobacco mixed with molasses (mixture of honey and fruit or fruity aromas) and heated with charcoal. The amount of carbon monoxide breathed during a session of chicha of about 45 min is equivalent to that of 2 packs of cigarettes.



SNUS (mainly consumed in Scandinavian countries) is a wet tobacco powder that is used as chewing tobacco. Consuming snus exposes you to risks of addiction, cardiovascular accidents and certain cancers. On the other hand, since it is not burned, it does not expose the consumer to carbon monoxide emissions.



IQOS (I-Quit-Ordinary-Smoking) is an electronic system that heats tobacco sticks without burning them, in order to reduce toxic products. However, IQOS is still harmful to health and highly addictive.



EFFECTS & RISKS

ADDICTIVITY

Depending on how it is consumed, nicotine reaches the brain in different ways. For example, with cigarettes, nicotine reaches the brain **in 7 seconds**, which means that most smokers develop a **physical addiction to nicotine** and have difficulty separating from it. Unlike shisha, for which the diffusion is much slower.

The younger you start, the stronger the addiction.

A so-called **psychological** addiction linked to a person's emotional states can also be noticed.

Example : *I smoke when I feel sad, angry, happy, stressed, ...*

A third type of addiction exists : **behavioral**. It regroups all habits and rituals associated with the action of smoking. These attitudes have often become automatisms.

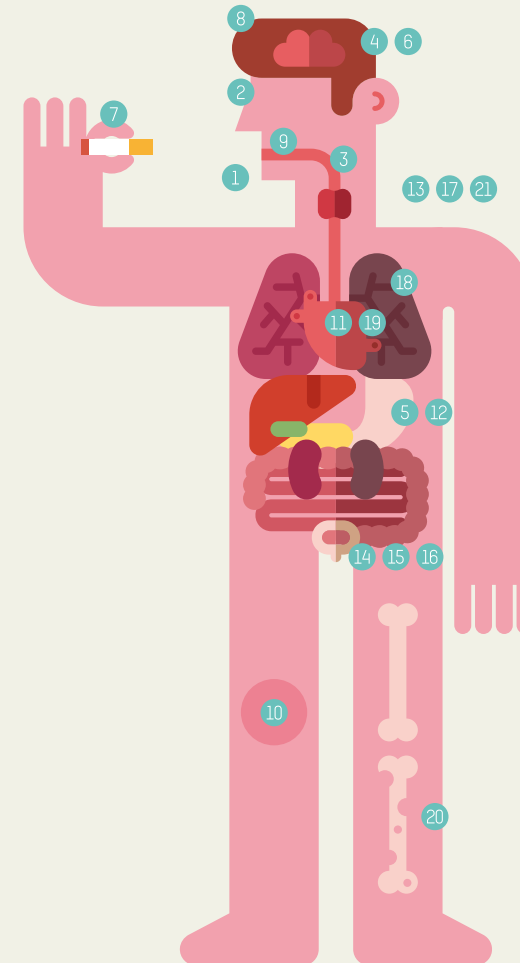
Example :- *I smoke on an evening out with friends.*
- I smoke after sex.
- I smoke when I walk my dog.

EFFECTS & RISKS

With time, smoking will increasingly affect the physical health and quality of life of the smoker and of the people within his environment in case of passive smoking:

- 1 Bad breath
- 2 Eye irritation
- 3 Irritation of respiratory tracks, mouth and throat, leading over time to regular coughing and frequent expectoration
- 4 Increased fatigue
- 5 Decreased appetite
- 6 Sleep disorders
- 7 Yellowing of nails and teeth
- 8 Dull hair
- 9 Partial loss of taste and smell
- 10 Premature ageing of skin
- 11 Heart rhythm disorders
- 12 Increased risks of ulcers
- 13 Increased risks of contracting Type II Diabetes
- 14 Decreased fertility
- 15 Erectile dysfunction
- 16 Early menopause
- 17 Increased risk of cancer development
- 18 Increased risk of respiratory diseases

- 19 Increased risk of developing cardiovascular disease, stroke, thrombosis, etc.
- 20 Increased risks of osteoporosis
- 21 Decrease in life expectancy



BENEFITS AT STOPPING

AFTER 20 MIN

Regulation of heart rate and blood pressure.

BETWEEN 8 AND 24 HOURS

Elimination by the body of carbon monoxide. Cells are oxygenated normally again

AS FROM 48 HOURS

Improvement of taste and smell

BETWEEN 2 AND 12 WEEKS

Better blood circulation, better breath

BETWEEN 3 AND 9 MONTHS

Cough disappears

AFTER 1 YEAR

Reduction by half of heart attack risk

AFTER 5 YEARS

Reduction by half of lung cancer risk

AFTER 10 YEARS

Cardiovascular risks equivalent to those of a non-smoker

AFTER 15 YEARS

Life expectancy again equivalent to that of a non-smoker



RISKS REDUCTION

If you choose to smoke tobacco, pay attention to :

- use a filter;
- not blocking the micro-holes of the filter with fingers and lips
- avoid smoking 2h prior and up to 2h after a sports workout
- smoking outside only as there's still a risk of passive smoking when smoking under a hood or with opened windows
- consult a gynaecologist in order to choose a pill or another contraceptive method compatible with your smoking



Rolled or tubed cigarettes are even more harmful to your health than packaged cigarettes because they produce more carbon monoxide, tar and nicotine.

Cigarettes with "silver", "blue", "gold" colors or artificially flavoured (menthol, vanilla, ...) are as harmful as conventional cigarettes.



WHAT DOES THE LAW SAY?

IT IS FORBIDDEN :

- to smoke in certain places : hospitals, schools, restaurants, bars, cafés, public transports, vehicles with children under 16 years of age



- to sell tobacco to people under 18 years of age
- to advertise for tobacco products

- to sell tobacco online (remotely)

POLLUTION

Throwing a cigarette butt on the street in Belgium could cost you a minimum of **100 Euros**, according to your region.



ENVIRONMENTAL ASPECTS

SOME IMPACTS OF TOBACCO ON ENVIRONMENT



TOBACCO PRODUCTION

Did you know that to produce **1 kg of tobacco**, the industry must burn about **20kg of wood** ? It means that a forest with a size equivalent of **280 000 football fields** goes up in smoke each year !



SMOKING TOBACCO

Substances coming from smoke are toxic and pollute air for a long time. Ventilating won't be sufficient to get rid of them completely. If you smoke, please beware of passive smoking : avoid **smoking inside** and in the presence of **children** or **non-smoking persons**.



THROWING A CIGARETTE IN THE NATURE

1 cigarette butt takes a few years to disappear completely. Its complete degradation can take up to **15 years**. During this time, it will pollute **up to 500 liters of water**, which equals to **10 showers!** Think about taking a portable ash tray with you.



WHO TO ASK YOUR QUESTIONS TO?

- **Tobaccologists:** a health professional who offers individual or group support in managing consumption and stopping of smoking. In Belgium, tobacco consultations are partly reimbursed by mutual insurance companies. You can find them in a private practice, in a hospital or in a Smokers' Help Centre « Centre d'Aide aux Fumeurs-CAF® ». www.tabacologues.be
- **Tabac-stop 0800 111 00:** free phone line available from Mondays to Fridays, from 3 to 7PM. Tobaccologists will answer your different questions and will inform you.
- Your **General Practitioner** can also guide or support you.
- You have questions on your consumption or that of your relatives? Find more infos on www.aideauxfumeurs.be

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