

Introduction to Tobacco

Lecture 1

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Introduction to Tobacco

Tobacco is the common name of several plants in the Nicotiana genus.

Any product prepared from the cured leaves of the tobacco plant.

There are more than 70 species of tobacco are known. ([Wikipedia](#))

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- **Tobacco smoke contains:**

- 1- Nicotine

- 2- Carbon monoxide

- 3- Tar

- 4- Toxic chemicals such as benzene, arsenic and formaldehyde

(NHS Health Scotland)

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- **Nicotine**

Although nicotine is a very addictive substance it's relatively harmless.

It's the carbon monoxide, tar and other toxic chemicals in tobacco smoke that will cause serious damage to your health.

(NHS Health Scotland)

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- **Nicotine**

Clean forms of nicotine are licensed to help smokers quit. These are much safer than smoking with other additives or toxic chemicals and are proven to be safe and effective.

(NHS Health Scotland)

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- **Carbon monoxide**

Carbon monoxide is a poisonous gas which takes the place of oxygen in your blood. This forces your heart to work much harder and stops your lungs from working properly.

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- **Carbon monoxide**

Your cells and tissues will be prevented from getting the oxygen they need. This can lead to heart disease and stroke. If you smoke during your pregnancy, carbon monoxide prevents your baby getting the oxygen it needs. (NHS Health Scotland)

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- **Tar**

Tar is the sticky brown substance that stains smokers' teeth and fingers yellow-brown. It contains cancer causing particles (carcinogens)..

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- **Carbon monoxide**

Tar damages your lungs by narrowing the small tubes (bronchioles) that absorb oxygen. It also damages the small hairs (cilia) that help protect your lungs from dirt and infection. This can lead to a range of lung diseases such as chronic obstructive pulmonary disease (COPD) and emphysema.

(NHS Health Scotland)

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- **Using tobacco**

Tobacco comes in many forms including:

- 1- cigarettes
- 2- rolling tobacco
- 3- illicit tobacco

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- **Cigarettes**

Cigarettes are the most common type of tobacco product in the world.

Cigarette tobacco products contain:

two main tobacco leaf varieties

fillers including waste products

Water, flavorings, and additives

(NHS Health Scotland)

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- **Cigarettes**

The additives are used to make the cigarette more palatable to the user. 600 different additives are currently permitted for use in cigarettes such as: moisturizers to prolong shelf life, sugars to enable the smoke to be more easily inhaled flavorings such as chocolate, vanilla and menthol

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- **Cigarettes**

These additives can be toxic when combined with other substances or when burned during smoking.



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- **Rolling tobacco**

Many people who smoke roll-ups don't use a filter, so they also end up inhaling more tar and nicotine and therefore become highly addicted and dependent on their habit.

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- **Rolling tobacco**

Studies have suggested that people who smoke roll-ups also have an increased risk of cancer of the mouth, oesophagus, pharynx and larynx compared to smokers of manufactured cigarettes.



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- **Illicit tobacco**

This is tobacco that has been smuggled illegally. This can be packaged to look like your regular brand. It can be either rolling tobacco or cigarettes.

Whilst it may be cheaper than legal tobacco, it comes at a cost.

(NHS Health Scotland)

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- **Illicit tobacco**

The ingredients of illicit tobacco aren't known or regulated. Whilst no tobacco is safe, illicit tobacco could contain higher levels of harmful chemicals.

(NHS Health Scotland)

Reference

- <https://www.nhsinform.scot/healthy-living/stopping-smoking/reasons-to-stop/tobacco>
- **(NHS Health Scotland)**

Good Luck for All Students

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