

SEARCH the risks of TOBACCO

What is the effect of tobacco?

Cigarettes contain nicotine. This makes the smoker awake and alert. It gives you a cheerful feeling. But for some people it is at the same time calming them down. It sometimes satisfies hunger a little bit. If you inhale the smoke the nicotine goes in a few seconds to your brains. There it causes the production of more adrenaline. Adrenaline increases your heartbeat, narrows the veins and pushes your blood pressure up. The effects remain for approximately 30 minutes.

What are the risks?

Narrowing your veins and raising your blood pressure increase your chance, later, on painful limbs, a brain tumor or a heart attack. The tar that cigarettes contain too are a risk for your breathing system. Tar disturbs the work of the hairs in your mucus. Therefore you must cough by yourself small pieces of dirt and phlegm. If you do that a lot ever more damage is done in your lungs. You have more chance to get pneumonia and lung cancer.



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Also your immediate surrounding has a smoke together with you. Co-smokers have 20% more chance to get lung cancer. Also children playing or sleeping in the same room where you are. Passive smoking is, just like smoking, harmful for the unborn child. The foetus grows more slowly and the average birth weight is lower.

Addicted?

Smoking is very addictive. Especially because your body gets used to it immediately. You have to smoke more to get the same feeling, much faster than you think. If you don't do that, you have withdrawal symptoms: you feel restless because you don't have the cheerful feeling of the cigarette any more. The effect of calming you down many people experience is nothing else than the disappearance of the withdrawal symptoms, actually caused by smoking.