

Negative Consequences of Tobacco use

Prolonged use of tobacco may cause:

- Strained relationships within the family
- Financial hardships
- Increased anxiety, stress and depression



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TOBACCO

HOPE

RECOVERY

FREEDOM

RESILIENCE

Tobacco

Tobacco is a plant (*Nicotiana tabacum* and *Nicotiana rustica*) that contains nicotine, an addictive drug with both stimulant and depressant effects.

Tobacco leaves are used to make products that can be consumed in different ways. It is most often consumed via smoking of cigarettes, cigars or pipes.

Cigarette smoke contains over 4,000 chemicals. More than 60 of these chemicals are carcinogenic (cause cancer).

Nicotine is one of the most addictive substances known to man.

When tobacco is smoked, nicotine is quickly absorbed by the blood stream where it is circulated in the brain.

Health Risks Associated with Tobacco use

Physical risks of tobacco use include:

- Tooth staining and tooth decay
- Mouth ulcers and gum disease
- Premature ageing
- Bad breath
- Hair loss

Tobacco use can lead to increased risks of

- Heart attack
- Hypertension
- Stroke
- Cancers of the lung, throat and larynx
- Loss of vision and hearing
- Respiratory illness such as asthma, bronchitis and emphysema

