

# DID YOU KNOW...



*The facts and myths of smoking and chewing tobacco*

**Tobacco Cessation Centre**  
**National Institute of Mental Health and Neuro Sciences**  
**BANGALORE**

## KNOW WHAT YOU DO...

*Tobacco is addictive.* Tobacco contains nicotine, a substance that is addictive and can make it very hard, but not impossible, to quit.

Cigarettes, beedis, cigars, chuttas, dhumti, pipe, hooklis, and hookah are the smoking forms of tobacco.

Smokeless forms of tobacco include chewing paan (betel quid) with zarda (tobacco), guthka, pan masala, manipuri tobacco, mawa, khaini, kaddi pudi, chewing tobacco leaves, mishri, gul, and ingestion of tobacco water or use as snuff.



### *Effects of Tobacco on the body:*

**The chemistry:** Nicotine in tobacco is a very powerful substance that affects mood, focus and thinking. In seven seconds, a puff of nicotine begins to calm a smoker's brain. With one nicotine hit for each puff or chew the brain gets used to hundreds of nicotine 'hits' each day.

**The behavioural psychology:** The smell of a beedi or a cigarette or a cup of coffee automatically produces a strong urge to smoke. Similarly the sight of strings of pan masala in a pan shop or extreme tiredness after work or getting bored may urge a person to chew. A lot of smoking is done automatically, without thinking about it. Similarly for chewers, a spicy meal or hungry stomach may be the stimulus to chew. Smokers often feel they need a cigarette to feel right or to think clearly, when a chewer misses a packet, he/she feels lost and irritated. People with a history of depression, schizophrenia, attention deficit disorder and other conditions may have a harder time stopping tobacco use.

**The social factors:** Smoking is a social ritual for many people, shared with family, friends or co-workers. When other people light up, it is often natural for the smoker to join them.



Cigarette smoking or Gutkha chewing would have been a part of your life for sometime, have you really cared to know what is in a cigarette that you smoke or in a packet of gutkha or pan masala that you chew...

- *One Cigarette* and *One Beedi* contains 4000 chemicals.
- *One packet of Pan Paraag, Guthka, Khaini, Hans* contains 3000 chemicals.
- Nicotine is the *addictive agent* that makes a person a **slave of tobacco**.
- 40 % of cancers detected in India are because of tobacco use.
- *One Cigarette* and *one Beedi* reduces 6 minutes of your life span.
- *One packet of Pan Paraag, Khaini, Guthka, Hans* causes a wide spectrum of oral mucosal lesions/conditions, most commonly leucoplakia which is seen as a white plaque and periodontal disease.
- "An hour a day in a room with a smoker is nearly a hundred times more likely to cause lung cancer in a non- smoker than 20 years spent in a building containing asbestos."- Sir Richard Doll, 1985.

### What difference will quitting make

#### After 20 minutes:

- Blood pressure levels and pulse rate becomes normal.
- Body temperature of hands and feet increases to normal.



#### After 8 hours:

- Carbon monoxide in your body drops.
- Oxygen level in your blood increases to normal.

#### After 2 days:

- Sense of smell and taste will improve. You will enjoy your food more.
- Your risk of heart attack begins to decrease.

#### After 3 – 4 days:

- Bronchial tubes relax and your lung capacity will have increased, making breathing easier.

#### After 2 weeks:

- Blood flow improves; nicotine has passed from your body.

#### Within 2 weeks to 3 months:

- Circulation will improve, making walking and running easier; lung functioning increases up to 30%.

#### Within 6 to 9 months:

- You'll experience less coughing, sinus congestion, tiredness and shortness of breath.

#### After 1 year:

- Your risk of heart disease will be about half of what it would have been if you continued to smoke.

#### After 5 years:

- Your risk of stroke will be substantially reduced; within 5 to 15 years after quitting, it becomes about the same as a non-smoker's.

#### After 10 years:

- Your risk of dying from lung cancer will be about half of what it would have been if you had continued to smoke.
- Your risk of cancer of the mouth, throat, oesophagus, bladder, kidney, and pancreas will also decrease.

#### Within 15 years:

- Your risk of dying from a heart attack is equal to a person who never smoked.

### Other benefits of quitting

Reducing your chances of premature death and illness are important, but they aren't the only benefits of quitting smoking.

- *You'll be in control – cigarettes, beedis or gutkha and pan masala will no longer control you or your lifestyle. Your self-image and self-confidence will improve. You'll feel proud of your ability to overcome something so challenging.*
- *You will have more energy to do the things you love.*



### WHY SHOULD YOU QUIT: the other stuff

- Your smoking will no longer be a bad influence on younger children (including your brothers and sisters, sons and daughters).
- Think of the money you will save by not buying tobacco, lighters, ashtrays, matches and so on.
- You will look and feel younger. Smokers are more likely to wrinkle at an earlier age and have deeper wrinkles.
- Your clothes may last longer (no chance of accidentally burning a hole).
- Quitting reduces bad breath.
- No more yellow teeth or fingers.
- Regardless of your sport or activity, your performance, endurance and ability to play the game will improve after you quit.
- No need to worry about which restaurant you go to or whether you can smoke in a particular place.
- No more looks of disapproval or feelings of guilt.
- No more nagging from people asking when you're going to quit.

### STEPS FOR QUITTING

**Statutory Warning:** *Don't use tobacco...now...or in the future*



*If you smoke or chew it's never too late to quit.* Kicking the habit early will also help curtail the addiction.

- **Pick a stop date.** Choose a date 1 to 2 weeks away so you can get ready to quit. If possible, choose a time when things in your life will change. Or just pick a time when you don't expect any extra stress at school, work or home. For example, quit after final exams or a project assignment, not during them.
- **Make a list of the reasons why you want to quit.** Keep the list on hand so you can look at it when you have a nicotine craving.
- **Keep track of where, when and why you smoke.** You may want to make notes for a week or so to know ahead of time when and why you will crave for tobacco. Plan what you'll do instead of using tobacco. You may also want to plan what you'll say to people who pressure you to smoke or chew.
- **Throw away all of your tobacco.** Clean out your room if you have smoked there or left a tobacco packet lying around. Throw away your ashtrays, lighters, empty packets, anything that you connect with your tobacco habit.
- **Tell your friends that you're quitting.** Ask them not to pressure you. Find other things to do with them besides using tobacco.

- **When your stop date arrives, STOP.** Plan little rewards for yourself for each tobacco-free day, week or month. For example, buy yourself a new shirt or ask a friend to see a movie with you.

#### Things to do instead of smoking or chewing

- Chew sugarless gum.
- Call a friend.
- Chew sunflower seeds, ground pudina leaves, cardamom, cloves, tulsi leaves, a chocolate or a toffee.
- Go to a movie or another place where you can't smoke.
- Take a walk or work out.
- Remind yourself why you want to quit.
- Develop a healthy lifestyle.

If you can't do it by yourself.....

It's understandable...because tobacco is so addictive!

You can get help through counselling and medication.

Medications that help you quit include nicotine replacement, bupropion and others.



### Puzzle Your Way to the Facts- Second Hand Smoking

Fill in the blanks using the tobacco vocabulary and then complete the crossword puzzle.

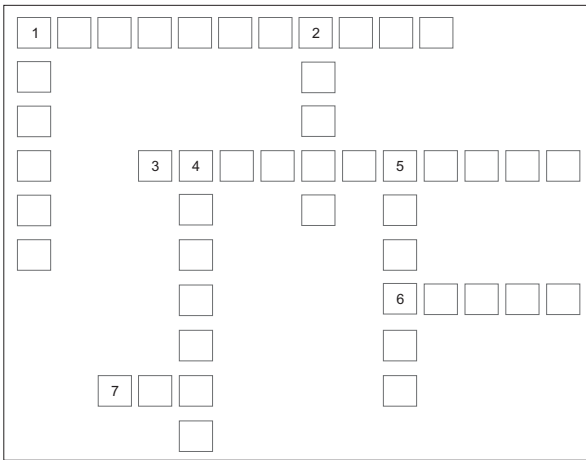
cancer respiratory asthma exposed  
hours circulatory die toxic

#### DOWN

- 1 There is a link between second-hand smoke and lung (\_\_\_).
- 2 Second-hand smoke contains some (\_\_\_) chemicals.
- 4 Even if an expectant mother is only (\_\_\_) to smoke-filled rooms she will have a baby who is more likely to have health problems.
- 5 There is a link between second-hand smoke and heart disease, (\_\_\_) , middle ear infections, and a range of other diseases.

#### ACROSS

- 1 Second-hand smoke can have a bad effect on the body's (\_\_\_) systems.
- 3 Second-hand smoke can also have a bad effect on the body's (\_\_\_) systems.
- 6 Second-hand smoke can stay in a room for (\_\_\_), even if a window is open.
- 7 Researchers say over 500 non-smoking Indian (\_\_\_) each year from the effects of second-hand smoke.



**Yeh he hai right choice baby.....**

**No cigarette or gutkha is worth *your health* or the *health of the people around you*.**



The Tobacco Cessation Centre (TCC) a WHO and Ministry of Health, Govt. of India initiative, runs at the De-addiction Out Patient Department (OPD) of NIMHANS, Bangalore every Monday and Saturday from 9 am to 1 pm, is ***the right CHOICE*** towards a smoke free life.

Call us at 080-26995311 / 26995312 or email us at [tccbngalore@gmail.com](mailto:tccbngalore@gmail.com) for further details.

**Choose *Life...*Not *Death....***

*Note: This has been compiled from various sources for the benefit of the general public.*

# **DID YOU KNOW...**

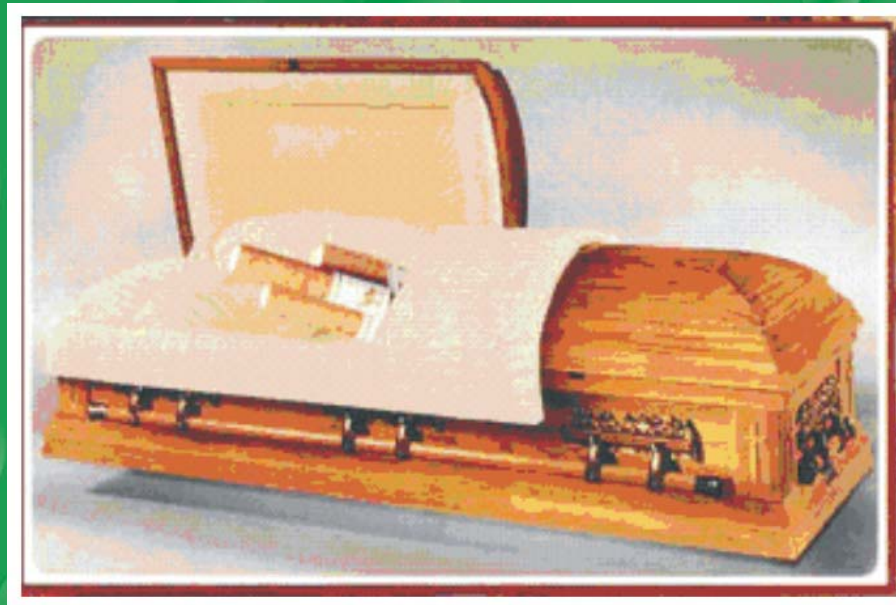
*the facts and myths of smoking and chewing tobacco*

**Tobacco Cessation Centre**  
National Institute of Mental Health and Neuro Sciences  
BANGALORE

***Compiled by:***

Deepa Krishnan  
Mathews Sebastian  
Maneesh Dhingra  
Amit Zutshi  
Vivek Benegal  
Pratima Murthy

*for the Tobacco Cessation Centre, NIMHANS, Bangalore, 2007*



*Tobacco Free Life*

*A healthy Life*

*A happy life.....*