

TOBACCO

WHAT IT IS

- Tobacco is the dried leaf of the tobacco plant. It contains nicotine, a stimulant drug, which is very addictive.

WHAT IT CAN DO

- Smoking can stain teeth, make hair and clothes smell, give you bad breath and wrinkles.
- Smoking is expensive. Twenty cigarettes a day can cost upwards of £2000 a year.
- It is illegal for shopkeepers to sell tobacco to under-16's.

WHAT ELSE?

- Every 6.5 seconds somebody dies from smoking. Tobacco is the second major cause of death in the world.
- In the UK there are 13 million adult smokers and smoking is the largest preventable cause of death and disease.
- Smoking is associated with around 50 diseases including coronary heart disease, cancers of the lung, kidney, nose, mouth, larynx, throat, oesophagus, pancreas, bladder and stomach, stroke, emphysema, aortic aneurysm, affected fertility and defective vision.
- Buerger's disease can lead to gangrene and amputation of the affected area.

WHAT IF I WANT HELP?

Useful contacts and information:

Talk to Frank 0800 77 66 00 or www.talktofrank.com

Quitline 0800 00 22 00 or www.quit.org.uk

Ash - www.ash.org.uk

No Smoking Day - www.nosmokingday.org.uk

World Health Organisation
www.who.int/ (Smokers Body)

Other useful websites:

Home Office - www.drugs.gov.uk

Drugscope - www.drugscope.org.uk

Kent Drug & Alcohol Action Team
www.kdaat.org

