



TOBACCO

Nicotine

WHAT IS TOBACCO?

- Tobacco comes from a plant and contains the stimulant drug, nicotine.
- It is usually smoked in cigarettes, cigars and pipes, but is also found in a powdered form called snuff (to be sniffed up the nose) and as dip and chewing tobacco.

WHAT ARE THE EFFECTS OF SMOKING?

- Nicotine increases pulse rate and blood pressure.
- The effects can usually be felt immediately, and can last up to 30 minutes from one cigarette.
- First time users often feel dizzy or nauseous, even after just a few puffs or "drags" from a cigarette.
- Regular users often report that smoking reduces their anxiety and helps them relax.
- Some smokers say nicotine reduces their appetite, so they eat less.

IS TOBACCO ADDICTIVE?

- Tobacco is highly addictive. Regular use can result in physical dependency with long-lasting withdrawal symptoms.
- Depression, irritability, restlessness and anxiety are some of the symptoms experienced by smokers who haven't had a cigarette in a while.
- These symptoms produce a strong craving for another cigarette.

WHAT OTHER PROBLEMS CAN RESULT FROM SMOKING?

- Coughing, as well as other chest and breathing problems afflict some smokers.
- Bad breath and discolored teeth are also common among people who smoke regularly.
- Regular smokers have a much greater risk of developing lung cancer and other forms of cancer, as well as heart disease, circulatory problems and bronchitis.
- Smoking during pregnancy can harm an unborn child, resulting in low birth weight and other complications.
- Second-hand smoke can also be hazardous to one's health, especially to children and people with asthma or other chest problems.

IF YOU SMOKE AND WANT TO QUIT?

- Stay away from places where lots of people smoke.
- Tell all your friends and family that you are trying to quit, and get their support.
- Try acupuncture, nicotine chewing gum, patches, or other popular remedies.

DanceSafe.

Promoting Health and Safety within the Rave and Nightclub Community

