



FACTS YOU SHOULD KNOW...

Tobacco kills up to half of its users, currently more than 5 million people each year.

Jamaica Coalition for Tobacco Control Fact Sheet

Tobacco use is the single largest cause of preventable death.

American College of Chest Physicians

Tobacco use is a gateway to other drug use and addiction to nicotine may make a person more susceptible to trying other dangerous drugs.

American College of Chest Physicians

Nearly 3 in 10 Jamaican Students currently use any form of tobacco

National Council on Drug Abuse; Global Youth Tobacco Survey 2010

One in five Jamaicans reported having used tobacco at some time during their lives.

National Council on Drug Abuse; National Household Survey 2001

81.8 % of Jamaican students ages 13-15 who bought cigarettes in a store were NOT refused purchase because of their age.

National Council on Drug Abuse; Global Youth Tobacco Survey 2010

NEED HELP WITH A DRUG PROBLEM



National Council on Drug Abuse

Head Office: 2-6 Melmac Avenue,
Kingston 5, Jamaica
Tel: (876) 926-9002-4
Fax: (876) 960-1820

Western Office: RADA Building,
Westgate, Montego Bay, St. James
Tel: (876) 940-2240
Fax: (876) 971-1538

www.ncda.org.jm

For Further Information Contact:

William Chamberlin Rehabilitation Centre

53 Lyndhurst Road,
Kingston 5 .

Tel:(876) 922-4030

Rise Life Management

57 East Street,
Kingston .

Tel:(876) 967-3777

Jamaica Teen Challenge

10 Shaw Park Road,
Ocho Rios, St. Ann .

Tel:(876) 795-2695 / 795-3368 / 390-6262

Patricia House (Richmond Fellowship Ja.)

6 Upper Musgrave Avenue,
Kingston 10.

Tel:(876) 978-1670 / 978-2324

Addiction Treatment Services Unit

University Hospital of the West Indies Mona,
Kingston 7.

Tel:(876) 977-0705

Ward 21

University Hospital of the West Indies Mona,
Kingston 7.

Tel:(876) 927-1620



TOBACCO

"There are NO safe forms of tobacco."

T

obacco is an agricultural product processed from leaves of the plants in the Genus *Nicotiana*. It can be consumed, used as a pesticide and, in the form of nicotine tartrate, used in some medicines. It is most commonly used as a recreational drug.

HOW IS IT USED?

Tobacco can be smoked in the form of cigarettes, beady and cigars, or it can be chewed. The most popular form among Jamaicans is cigarettes.

NICOTINE ADDICTION

Tobacco use can lead to a physical and psychological dependence on nicotine, particularly in cigarette smokers.

People who are physically dependent on tobacco suffer a withdrawal reaction when they stop using it. Some signs of withdrawal are: irritability, anxiety, headaches, sleep disturbances (insomnia or drowsiness), difficulty concentrating, decreased heart rate and increased appetite, and a craving for nicotine

JAMAICAN TERMS

Hot Grabba / Grabba	Blem
Red Herrin	Rope Twist

INGREDIENTS IN TOBACCO SMOKE

The main ingredients of tobacco smoke are Nicotine, Tar and Carbon Monoxide. Nicotine is the addictive agent in tobacco, Tar can cause cancer and bronchial disorders and carbon monoxide contributes to heart disease.



Every time you smoke a cigarette you inhale up to 4000 different chemicals, all toxic substances that cause cancer and heart disease.

Besides poisoning you, smoking also alters your appearance. It discolours your teeth, and makes your breath, hair and clothes smell. Additionally smoking deteriorates your appearance, making you look unattractive and it can also kill you.



SHORT TERM EFFECTS

The immediate effects of smoking include:

- An increase in heart rate
- A drop in skin temperature
- An increase in the rate of breathing
- Development an unpleasant odour on the person and the immediate environment.

LONG TERM EFFECTS

The long term effects of smoking include:

- Lung cancer
- Chronic heart disease
- Gastric and duodenal ulcers
- Discoloured fingernails and teeth
- Chronic bronchitis (difficulty in breathing)

