

Information sheet: smoking

Smoking

Tobacco smoke contains many types of chemicals, the most poisonous of which is nicotine.

Nicotine gives a feeling of relaxation, though for first time smokers it may cause sickness or vomiting. To get this feeling of relaxation a smoker will need to gradually increase the number of cigarettes s/he smokes.

Tobacco is responsible for more than 6,000 deaths a year in Ireland. It causes three major diseases -lung cancer, heart disease and bronchitis. Smokers also have more coughs, chest infections, shortness of breath and stomach ulcers.

Smoking and your appearance:

Smoking causes your hair and clothes to smell.

Smoking causes your teeth, nails and fingers to lose their natural brightness and go yellow.

Smoking stops taste buds from working properly, so the normal tastes that we like can seem strange if we smoke. It also affects how we smell.

Cigarette ash is dirty and can ruin clothes.

Cigarettes that are carelessly used can cause burns and fires.

Smoking and your pocket:

Cigarettes are expensive and this means that money spent on cigarettes cannot be spent on other things that we might like.

Being with smokers:

People who are in the company of smokers, but who don't smoke themselves are called passive smokers. They also suffer ill effects of cigarettes.

People who have breathing difficulties such as asthma find it very difficult to be in a smoky atmosphere.

A law was passed to stop people smoking in public offices, cinemas, schools and on public transport. This law also restricts smoking in restaurants, hospitals and other areas.

Smoking and the law:

Tobacco is a legal drug but tobacco products cannot be sold to children under 16.

Tobacco products can only be advertised in certain ways. They cannot be advertised on T.V.

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