

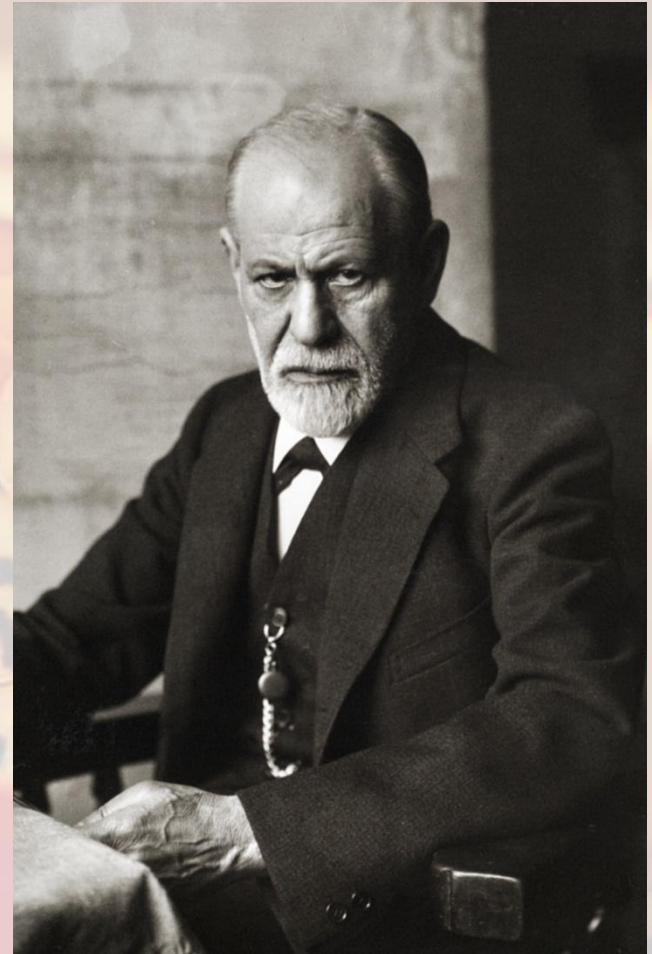
A close-up, slightly blurred photograph of a person's face in profile, exhaling smoke from a cigarette. The person's hand is visible holding the cigarette. The background is a plain, light color.

36. Nicotine and tobacco products

Joonas Jokinen M.A. Sport Sciences

*People generally
seek **pleasure** and **avoid**
pain*

-Sigmund Freud



Nicotine withdrawal brings displeasure

Symptoms of nicotine withdrawal:

Anger and
irritability

Anxiety

Depression

Impatience

Insomnia

Restlessness

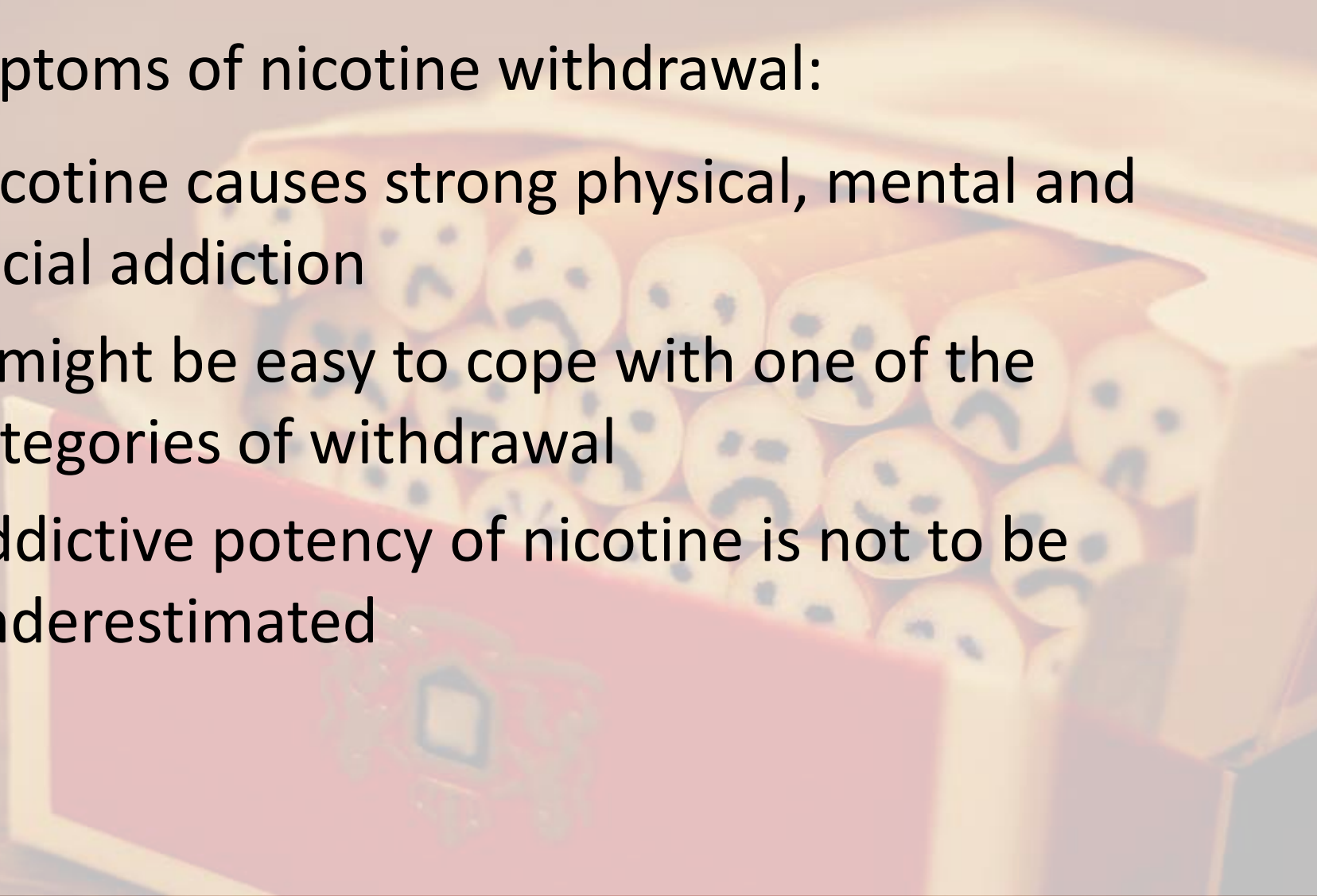
Hunger

Weight gain

Nicotine withdrawal brings displeasure

Symptoms of nicotine withdrawal:

- Nicotine causes strong physical, mental and social addiction
- It might be easy to cope with one of the categories of withdrawal
- Addictive potency of nicotine is not to be underestimated



Adverse health effects of tobacco



Tar

- Collects in the lungs
- Damages the cilia
- Damaged cilia can't transport the mucous away from lungs
-> coughing
- COPD & lung cancer



CO

(carbon monoxide)

- Carbon monoxide combines with hemoglobin rapidly usurping the space that is used for carrying oxygen -> lack of oxygen is especially hazardous to fetus

Adverse health effects of tobacco



Tar

Respiratory
infections

Asthma



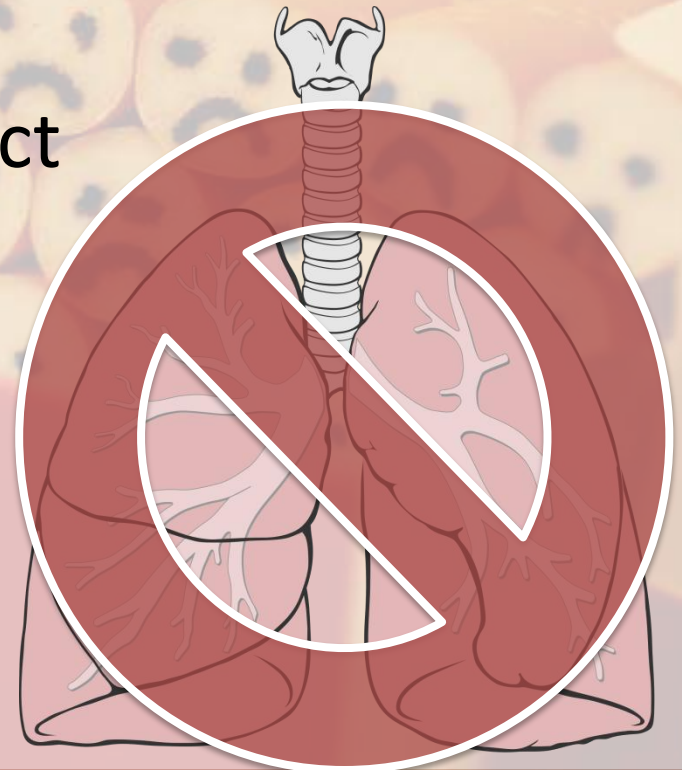
CO

(carbon monoxide)

Diabetes
type II

Oden's or Siberia?

- Snus is an epidemic spreading in the Scandinavian countries
- It is believed to be less risky than traditional tobacco in many ways
- Snus is not a health product



Homework

- What is passive smoking e.g. second hand smoking?
- What are the symptoms of Chronic Obstructive Pulmonary Disease?