

Remote Alcohol & Other Drugs Workforce Northern Territory

Tobacco



Why do people smoke cigarettes

There are lots of reasons why people smoke cigarettes.

Can participants name some reasons why?

People smoke cigarettes because they think it calms them down and relaxes them. Smokers often think they won't be affected by smoking. Some people get sick from tobacco smoke even if they have never smoked.

To understand why tobacco can be a problem you need to know how tobacco works, the risks of smoking cigarettes for a person, a family and a community.



What is Tobacco



Tobacco

Comes from the leaves of the Tobacco plant

- The leaves are dried and combined with other ingredients to make a range of products
- These products include cigarettes, chewing tobacco, pipe tobacco



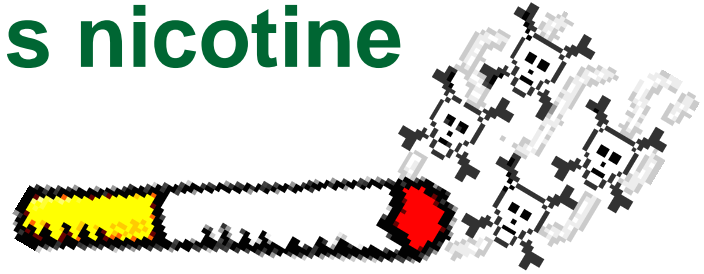
Understanding Tobacco as a Drug

A 'Drug' is anything except food & water which when taken alters the way the body functions physically and/or mentally.*

Source - *WHO, 1981 www.who.int



The drug in tobacco is nicotine



- Nicotine is the drug in tobacco that causes addiction amongst smokers
- Nicotine speeds up the messages that travel between the body and the brain

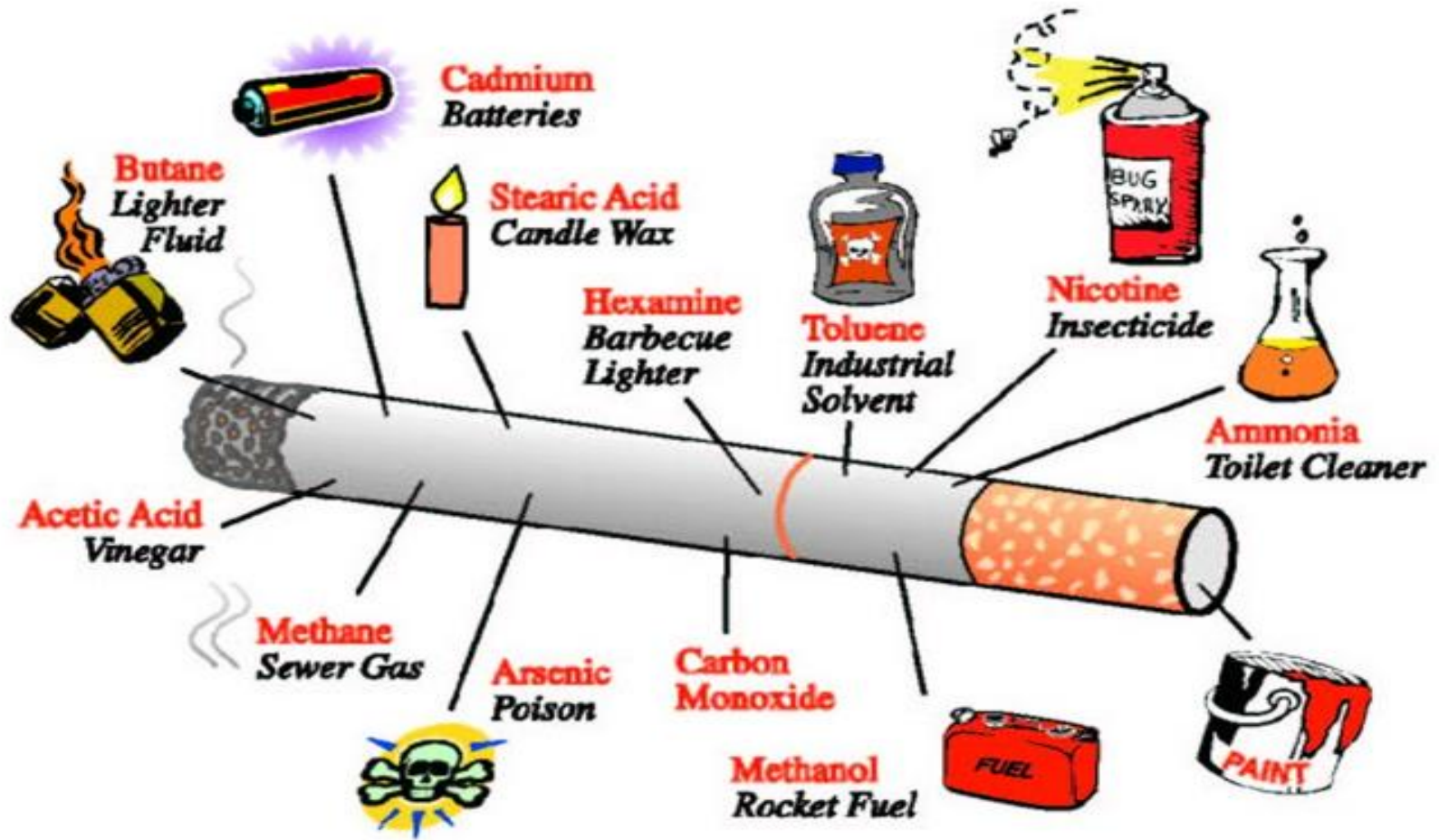


What else is in Tobacco

- There are over 7,000 dangerous chemicals in tobacco; many of which are very poisonous
- More than 69 of those chemicals have proven to be toxic causing major health problems
- These chemicals enter the body and blood when tobacco is smoked or chewed



Some chemicals are



The 3 main chemicals in Tobacco

- **Nicotine** – is the drug that keeps the smoker addicted and dependent
- **Carbon monoxide** - is the colourless and odourless gas that stays in a smokers blood and can damage major organs
- **Tar** - which is a thick sticky substance that gets inside a smokers lungs, it can make breathing hard



Immediate effects

- Smoking immediately raises a person's blood pressure & heart rate & decreases effective blood flow to fingers & toes
- Brain & the nervous system activity is stimulated for a short time
- May also experience dizziness, nausea, watery eyes and acid in the stomach
- Appetite, taste & smell are weakened



Other effects

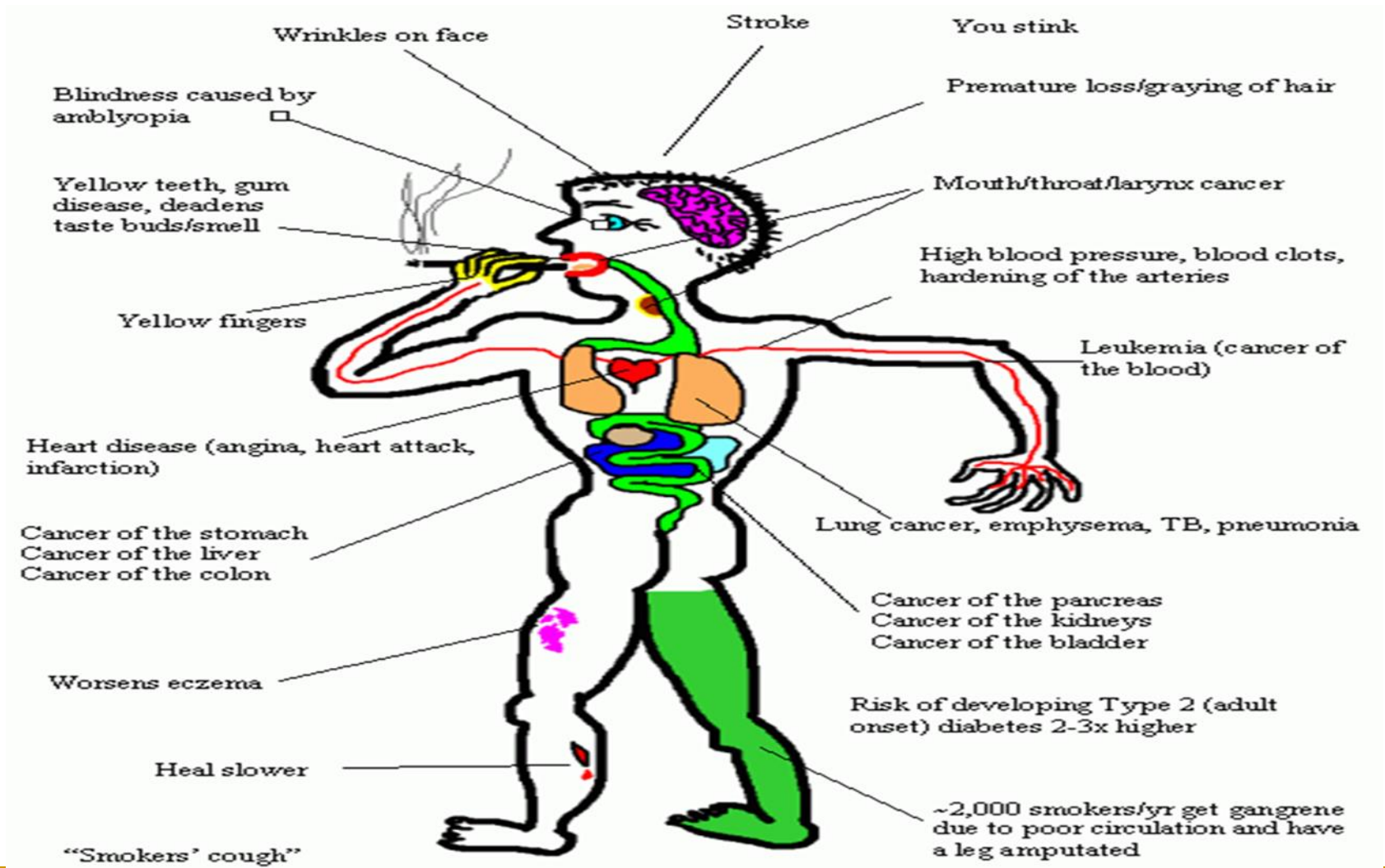
- Smokers experience shortness of breath, persistent coughs, reduced fitness
- Yellow stains on fingers and teeth & reduced sense of taste and smell
- Have more colds & flu than non-smokers & find it harder to recover from minor illnesses
- Facial wrinkles appearing much earlier; and the smoker appears older than non-smokers of the same age



Tobacco smoking and Health



Smoking and effect on the body

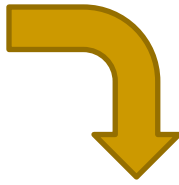


Smokers have increased risk of

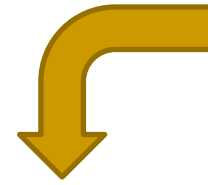
- Respiratory infections such as pneumonia & chronic bronchitis (affects peoples breathing)
- Emphysema - a progressive & potentially fatal lung disease (lungs are damaged beyond repair)
- Heart attack and coronary disease
- Cancer of the lung, throat, mouth, bladder, kidney, pancreas, cervix, stomach; stomach ulcers



Health Lungs



Sick Lungs



Smoking
causes fatal lung cancer



Passive smoking

- Passive smoking or second-hand smoke happens when you inhale other peoples tobacco smoke

SECONDHAND
SMOKE
KILLS!

- Passive smoking can cause dangerous health effects for your children and family



Passive Smoking – Short Term Effects

Not only is the smoker causing damage to their own health, they are causing damage to their children & family.

- Cough & sore throat
- Irritation of eyes
- Headache & nausea
- Infection in nose/ears
- Breathing problems
- Cancer

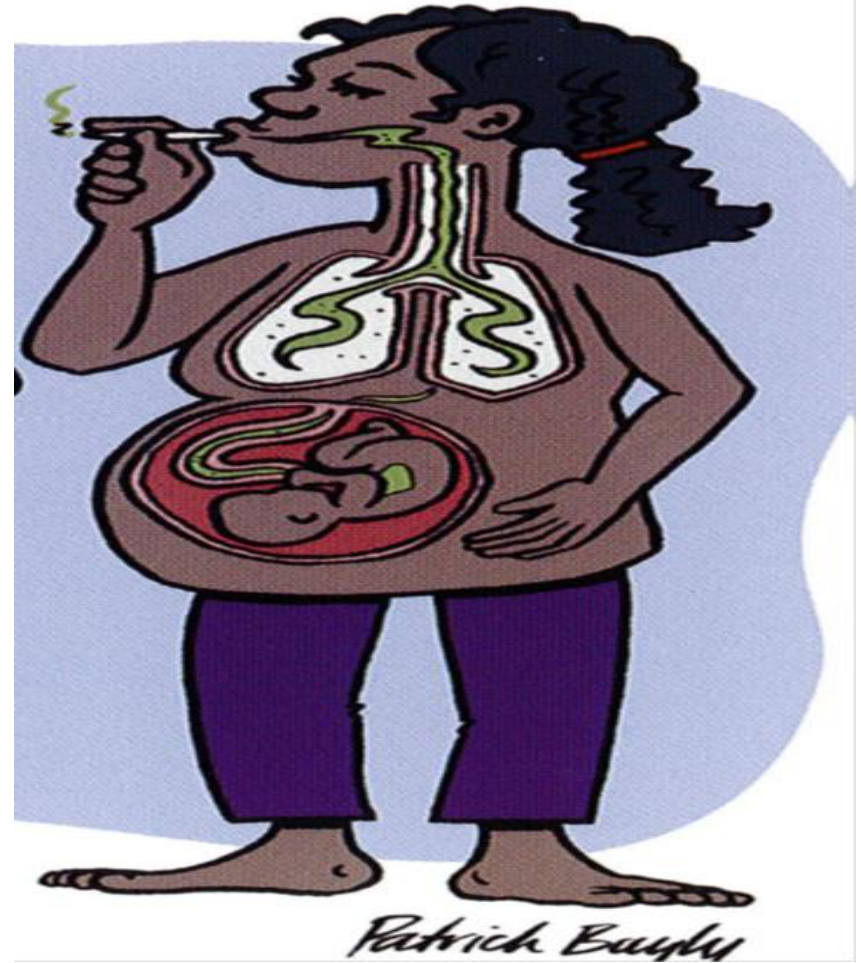


Smoking during pregnancy

Smoking while pregnant can hurt the unborn baby.

The baby can be at risk of serious health problems like

- Sudden Infant Death Syndrome (SIDS)
- Asthma
- Respiratory infections
- Low birth weight



Who can help

- If you are worried about your smoking or a family member you can see a:
- Remote AOD Worker (RAODW)
- Aboriginal Health Practitioner (AHP)
- Clinic Nurse
- Clinic Doctor



How can people access these services

- Call the community health centre in your town and make an appointment
- Come and see us at the health centre to make an appointment
- Your Doctor or Nurse can refer you to the AOD worker



*Ngurra Tjutaku Palyapayi:
everyone's home, working
together for good.*



The end

Any questions

Thankyou for listening

If you would like to know about
Remote AOD Workforce Program
and our resources

Please call us on

■ (08) 8958 2503

Or visit the website

■ www.remoteaod.com.au



References & acknowledgements

Source information

- *Tobacco - produced by Australian Drug Foundation (ADF), 2011*

Graphics

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