

SMOKING



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WHAT IS IT?

Smoking is the act of inhaling and exhaling fumes from burning tobacco. Tobacco is either bought loose so that the user can hand roll their own cigarettes with smoking papers or via ready made cigarettes. Tobacco is a plant grown all around the world and contains thousands of chemicals including nicotine which is an addictive drug and the reason why so many people find it difficult to quit.

WHAT ARE THE EFFECTS AND RISKS?

Users often report to feel less stressed and more relaxed when smoking. But the risks of smoking are endless. It is one of the biggest causes of death in the UK and is linked to numerous types of cancer! Most people associate smoking with lung cancer but it can also cause other lung related problems such as pneumonia and bronchitis. To add to this, smoking damages heart and blood circulation increasing the risk of heart attack, stroke and impotency. It can even reduce the fertility in both males and females. Smoking can cause more immediate problems too such as making clothes and breath smell, aging skin, dull looking hair and not to mention a hole in your pocket as they are so expensive! Trying to give up smoking is difficult with the user experiencing irritability, cravings, struggling to concentrate and anxiety. The good news is that your health will benefit as soon as you stop. For help on quitting, visit your local NHS stop smoking service.

WHAT DOES THE LAW SAY?

You can only buy tobacco if you are aged 18 or over but you can smoke in public legally once you're aged 16. However, the police can legally confiscate any tobacco if they have reason to believe you are aged under 18.