**Tobacco (contains nicotine)**

Tobacco is found in cigarettes which you smoke.  It comes from the leaves of the tobacco plant and contains many different chemicals.

One of the chemicals is **nicotine**, which gives smokers their 'hit' but is also highly addictive. This means it can be hard to quit smoking even if you want to.

Regular smokers believe that smoking tobacco helps them to relax, to handle stress and to feel less hungry.

But smoking can make your clothes and breath smell and can affect your skin and hair.

It can also cause serious damage to your health – it’s a risk factor for emphysema, heart attacks, strokes and lung cancer. It's estimated that smoking tobacco contributes to 100,000 premature deaths in the UK every year.

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However, tobacco smoke (tar) contains over 4,000 chemicals and many have effects on various parts of the human body, including the brain, lungs, heart and mouth.

Most of the cancers associated with smoking are due to the tar in the smoke.

Smoking any drug gets it to the brain very quickly. When a tobacco smoker inhales it’s estimated that the nicotine in the tobacco smoke reaches the brain in around 8 seconds.

This speed of action contributes to a user becoming hooked to the nicotine in tobacco.

**What are the risks of tobacco?**
First time smokers often feel sick and dizzy.

Smoking tobacco has lots of immediate effects such as making your clothes and hair smell, to costing you lots of money. Smoking stops oxygen getting to the skin making you more prone to spots and a dull complexion. Over time it can lead to premature aging, meaning more wrinkles and a so-called ‘cats bum’ mouth. Smoking can also make hair less shiny and yellow nails and teeth.

Of the over 4,000 chemicals that tobacco contains many have harsh effects on the human body. Smoking can increase your blood pressure and the heart rate, which can damage the heart and circulation and contribute to heart attacks, strokes and cause cancer. Also:

* Smokers are more likely to get coughs and chest infections.
* Long-term use could leave you with cancer, emphysema or heart disease.
* Smoking when pregnant can harm the foetus and can even cause a miscarriage.
* It’s not uncommon for babies born to mothers who have smoked during pregnancy to have a lower than normal birth weight, which, some have linked to autism and sudden infant death syndrome.
* Smoking has been linked to the amputation of 2,000 limbs a year.
* It's estimated smoking contributes to 100,000 premature deaths in the UK every year.
* Other people breathing in your smoke could end up with breathing difficulties, asthma or even cancer.
* Smoking Shisha  can be more dangerous than smoking a cigarettes, with users at increased risk of picking up diseases such as herpes or tuberculosis from sharing pipes.

It's illegal for shopkeepers to sell tobacco or tobacco products to anyone under 18.