



**TOBACCO**

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**Legal status:** legal. Smoking indoors has been subjected to legal regulations in the EU for reasons of health protection. Tobacco consumption is banned in public means of transport, public buildings and in the workplace. The smoking ban has been extended in some regions to include bars, restaurants, and discotheques. There are no uniform regulations in the EU.

**Active substances:** nicotine. Additional substances: tar, carbon monoxide, nitrogen, hydrocyanic acid, ammonia, aromatic substances, additives and flavourings.

**Main effects:** stimulating, but also calming, increases the sense of perception and memory, brightens the mood, reduces anxiety, stress, pain and appetite. Organ-specific reactions include an increased pulse rate and higher blood pressure, cardiac muscle contraction, lower vascularisation of skin vessels and coronary arteries.

**Main risks:** Nicotine is one of the most powerful addiction-forming and addiction-sustaining substances (psychological and physical addiction). Characteristics of an addiction are repetitive compulsive cravings, compulsive consumption, a development of tolerance, withdrawal symptoms. Main risks are diseases of the airways such as chronic bronchitis, pneumonia, smoker's cough, phlegm, lung cancer.

**Harm reduction:** Before you light up a cigarette, analyse the environment you are in -- When? Where? With whom? Try to change your habits. Give your airways some rest by breathing fresh air outdoors and respect smoke-free days.

Do not smoke when pregnant or in the presence of children. Doctors, health insurances, pharmacies and specialised counselling centres will help you to quit.



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