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Tobacco Tightening Grip On Youngsters: Expert

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Tobacco tightening grip on youngsters: Expert

TNN / Updated: May 30, 2012, 03:01 IST



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Tobacco tightening grip on youngsters: Expert



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AHMEDABAD: What kills more than [AIDS](#), [alcohol](#), [cocaine](#), accidents, murders and suicides? Use of tobacco! World Health Organization (WHO) figures say that [tobacco](#) use is the second biggest cause of death globally, after hypertension. Dr Bhavin Shah, oncologist from Vedant hospital, who addressed an open forum on Tuesday, two days ahead of World No-Tobacco Day, said, "People who smoke harm others also as the smoke of the cigarette is equally poisonous, which in medical science is termed as second-hand smoke." WHO figures state that there are one billion people addicted to smoking and to add to the gloom, this deadly addiction is spreading its shadow on youngsters also. "Most youngsters start with trying a cigarette or gutkha on a friend's insistence or to get rid of boredom and anxiety. It may give pleasure in the beginning but ultimately this pleasure and addiction proves deadly for life. Every day more than 1,200 people die all over the world because of tobacco addiction", Dr Shah said.

The deadly nicotine in tobacco increases the release of dopamine which works towards good mood and peace of mind. The heart, brain and the central nervous system become more active when secretion of dopamine increases. "Withdrawal symptoms include headache, anger and restlessness. In later stages, a tobacco consumer can suffer from arthritis, asthma, heart attack, hypertension, stroke and mouth, throat and lung cancer", said Dr Shah.

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According to data collected under Population Based Cancer Registry, the number of people who suffer from Throat Related Cancer (TCR) is 41.69 per cent. Increasing the price of cigarettes and gutkha is not the solution because people will opt for cheaper brands which are more harmful. "The tobacco addict who uses substitutes like chewing gums which contain nicotine, to resist the urge of smoking will eventually have to stop as it is equally harmful," Dr Shah said and added that on an average, people who consume tobacco die 14 years earlier than those who do not consume tobacco so the first step to enjoy a healthy life is to quit tobacco.

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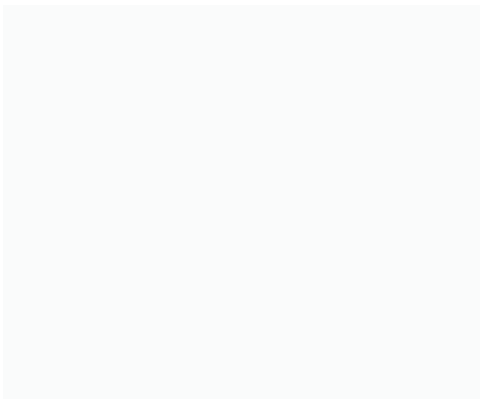
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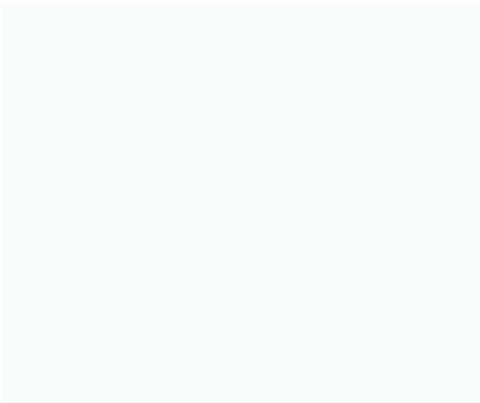
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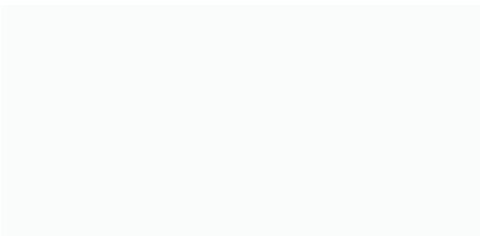
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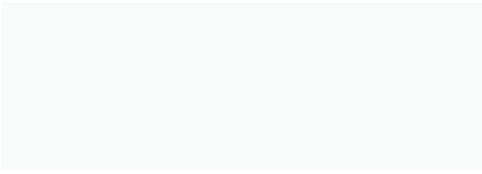
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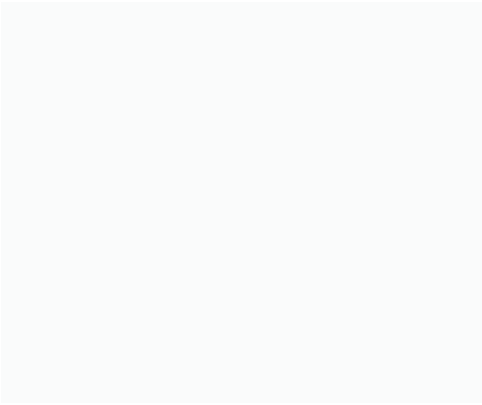
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