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RESEARCH ARTICLE

TOBACCO FACTS

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ABSTRACT

Tobacco is a plant within the genus *Nicotiana* of the Solanaceae (nightshade) family. While there are more than 70 species of tobacco, the chief commercial crop is *N. tabacum*. The more potent species *N. rustica* is also widely used around the world. The public responded, and soon sales were booming again. Previous lawsuits went nowhere. The present paper aim was to educate people about tobacco facts.

INTRODUCTION

Tobacco is a plant within the genus *Nicotiana* of the Solanaceae (nightshade) family¹. While there are more than 70 species of tobacco, the chief commercial crop is *N. tabacum*. The more potent species *N. rustica* is also widely used around the world. Dried tobacco leaves are mainly smoked in cigarettes, cigars, pipe tobacco and flavored shisha tobacco. They are also consumed as snuff, chewing tobacco and dipping tobacco. Tobacco was first used by the peoples of the pre-Columbian Americas. Native Americans apparently cultivated the plant and smoked it in pipes for medicinal and ceremonial purposes.

Christopher Columbus brought a few tobacco leaves and seeds with him back to Europe, but most Europeans didn't get their first taste of tobacco until the mid-16th century, when adventurers and diplomats like France's Jean Nicot -- for whom nicotine is named -- began to popularize its use. Tobacco was introduced to France in 1556, Portugal in 1558, and Spain in 1559, and England in 1565. Tobacco contains the alkaloid nicotine, a stimulant. In 2008 the World Health Organization (WHO) named tobacco as the world's single greatest cause of preventable death. The English word tobacco originates from the Spanish and Portuguese word *tabaco*.

The precise origin of the Spanish/Portuguese word is disputed but it generally thought to have originated, at least in part, from Taino, the Arawakan language of the Caribbean. In Taino, it was said to refer either to a roll of tobacco leaves (according to Bartolomé de las Casas, 1552), or to the *tabago*, a kind of Y-shaped pipe for sniffing tobacco smoke also known as snuff (according to Oviedo; with the leaves themselves being referred to as *cohiba*).

However, similar words in Spanish, Portuguese and Italian were commonly used from 1410 to define medicinal herbs which is believed to be originating from the Arabic *طباقي* *tabbaq*, a word reportedly dating to the 9th century, as the name of various herbs. The first successful commercial crop was cultivated in Virginia in 1612 by Englishman John Rolfe. At first, tobacco was produced mainly for pipe-smoking, chewing, and snuff. Cigars didn't become popular until the early 1800s.⁴ Cigarettes, which had been around in crude form since the early 1600s, didn't become widely popular in the United States until after the Civil War, with the spread of "Bright" tobacco, a uniquely cured yellow leaf grown in Virginia and North Carolina.

Cigarette sales surged again with the introduction of the "White Burley" tobacco leaf and the invention of the first practical cigarette-making machine, sponsored by tobacco baron James Buchanan "Buck" Duke, in the late 1880s.³ The tobacco industry responded swiftly. By 1954 the major U.S. tobacco companies had formed the Tobacco Industry Research Council to counter the growing health concerns.

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With counsel from TIRC, tobacco companies began mass-marketing filtered cigarettes and low-tar formulations that promised a "healthier" smoke. The public responded, and soon sales were booming again. Previous lawsuits went nowhere. Today, state laws and legal precedents hold manufacturers more liable for the effects of their products.⁵ And the old legal defense of "contributing negligence" -- which prevented lawsuits by people with some measure of responsibility for their own condition -- is no longer viable in most jurisdictions. Instead, a defendant can be held partially liable and forced to pay a corresponding percentage of damages. Finally, the notion of "strict" liability has developed; this means a defendant can be found liable whether or not they are found negligent. If a product such as tobacco causes harm, the company that produced it can be held responsible, even if it wasn't aware of the potential danger.

Interesting facts²

- Smoking causes 1 in every 5 deaths in the U.S. every year.
- Every cigarette you smoke reduces your expected life span by 11 minutes.
- A single cigarette contains over 4,800 chemicals, 69 of which are known to cause cancer.
- About 69% of smokers want to quit completely.
- Every day, nearly 4000 teens in the U.S. smoke their first cigarette while 1,000 start smoking on a daily basis.
- It's completely legal for minors to smoke cigarettes in the U.S. and parts of Europe. What they can't do is purchase them.
- Exposure to Second hand smoke causes nearly 50,000 deaths each year in the U.S. alone.
- 15 billion cigarettes are smoked worldwide every day.
- Hitler led the first public anti-smoking campaign in modern history.
- Rapper Tupac's ashes were mixed with weed and smoked by the members of hip hop band.
- The first European who learned to smoke from the natives was arrested back home because people thought he was possessed by the devil.
- Smoking near Apple computers voids the warranty.
- More than a third of the world's smokers are Chinese.
- Tobacco addicts are most likely to consider quitting the habit on Mondays.
- Over 30% of cancer could be prevented by avoiding tobacco and alcohol, having a healthy diet and physical activity.
- Studies has found that marijuana is less harmful than alcohol and tobacco.²
- Freud never quit smoking despite having over 30 cancer surgeries because of it.
- John Adams, 2nd president of the USA, started smoking at the age of eight.
- 8.6 million people in the U.S. live with a serious illness caused by smoking.
- Smoking makes your hair turn gray faster, a study found.
- Smoking makes the risk of a heart attack 200% to 400% greater than that of non smokers.
- Cigar and pipe smoking is every bit as dangerous as cigarette smoking, and possibly even more dangerous.
- There are more than one billion smokers in the world.
- Globally, use of tobacco products is increasing, although it is decreasing in high-income countries.
- Almost half of the world's children breathe air polluted by tobacco smoke.
- The epidemic is shifting to the developing world.
- More than 80% of the world's smokers live in low- and middle-income countries.
- Tobacco use kills 5.4 million people a year - an average of one person every six seconds - and accounts for one in 10 adult deaths worldwide.
- Tobacco kills up to half of all users.
- It is a risk factor for six of the eight leading causes of deaths in the world.
- Because there is a lag of several years between when people start using tobacco and when their health suffers, the epidemic of disease and death has just begun.
- 100 million deaths were caused by tobacco in the 20th century. If current trends continue, there will be up to one billion deaths in the 21st century.
- Unchecked, tobacco-related deaths will increase to more than eight million a year by 2030, and 80% of those deaths will occur in the developing world.
- 20lbs of Eggplant contains as much nicotine as a cigarette.
- Nicotine withdrawals have a negative impact on time perception, which causes one to feel as if time passes very slowly when quitting the use of tobacco.
- Tobacco companies pay for most, if not all, of the anti-tobacco commercials you see.
- As recently as 2009, China had elementary schools wholly sponsored by big tobacco. One in Sichuan had a message at the front gate that said "Tobacco can help you become an achiever"
- A "safer cigarette" (The XA Project) was developed in the 70s, but tobacco companies pressured the inventor to bury it because it implied their cigarettes were unsafe.
- When smoking tobacco, taking short quick puffs has a stimulating effect, while deep puffs induce sedation.
- In 2001, tobacco Company Phillip Morris advised the Czech government to encourage smoking cigarettes, because the increased mortality rate would save the government money on healthcare, pensions, and housing for the elderly. The backlash was so strong that employees are no longer allowed to talk about it.
- More Colombians die every year from American tobacco than Americans die from Colombian cocaine.
- Eleven well reported medical studies showed that cigarette smoking actually lowers Alzheimer's risk. However, 10 years later, it came to light every study was done by scientists with undeclared connections to the tobacco industry.
- Over 40 years ago, tobacco companies discovered tobacco and its smoke to contain Polonium-210 (radioactive isotope) and suppressed the findings to avoid public attention.
- The Flintstones was originally sponsored by Winston cigarettes, and was intended for adults.
- About 60% of cigarettes in New York are black market cigarettes that are being smuggled into New York illegally.
- During the siege of Jerusalem in 1917, the British started to airdrop cigarettes filled with large doses of Opium, hoping

that the Ottomans would be too stoned to fight and it worked.

- The Indonesian toddler Aldi Rizal known for his habit of smoking 40 cigarettes a day has quit smoking, but is now addicted to junk food. He started smoking when he was just 18 months old.
- Kent cigarettes, a popular brand from the 50s through the 70s, had filters made of asbestos fibres.
- There are more than one billion smokers in the world.
- Globally, use of tobacco products is increasing, although it is decreasing in high-income countries.
- Almost half of the world's children breathe air polluted by tobacco smoke.
- The epidemic is shifting to the developing world.
- More than 80% of the world's smokers live in low- and middle-income countries.
- Tobacco use kills 5.4 million people a year - an average of one person every six seconds - and accounts for one in 10 adult deaths worldwide.
- Tobacco kills up to half of all users.
- It is a risk factor for six of the eight leading causes of deaths in the world.
- Because there is a lag of several years between when people start using tobacco and when their health suffers, the epidemic of disease and death has just begun.
- 100 million deaths were caused by tobacco in the 20th century. If current trends continue, there will be up to one billion deaths in the 21st century.
- Unchecked, tobacco-related deaths will increase to more than eight million a year by 2030, and 80% of those deaths will occur in the developing world.
- Seven out of ten smokers in developed countries say they regret starting and would like to give up.
- Smoking kills six times more people in the UK than road traffic incidents, poisoning, overdose, murder, manslaughter, suicide and HIV combined.
- With current smoking trends, about 500 million people alive today will eventually be killed by tobacco use.
- If current trends continue, 250 million children alive today will die from tobacco-related disease.
- Everyday, approximately 80-100,000 young people around the world become addicted to tobacco.
- Smoking is the main cause of chronic obstructive lung disease in the UK.
- Smoking accounts for 26,000 deaths from coronary heart disease in the UK.
- Increased risk of lung, upper respiratory sites, bladder and pancreatic cancers, as well as ischaemic heart disease, respiratory heart disease, aortic aneurysm and chronic obstructive lung disease, are largely or entirely caused by smoking.
- eMerchantBroker.com can approve your electronic cigarette merchant account today! We can get your e-cig store accepting credit cards in as little as 72 hours.
- The average loss of life for all smokers whose deaths are attributable to tobacco is about 16 years.
- Smoking kills over half a million women each year.
- Smoking currently kills one in ten adults worldwide. By 2030, the proportion will be one in six.
- About 98% of smokers who try to quit without the assistance of cessation programmes will have started again within a year.
- Tobacco dependence is listed in the International Classifications of Diseases (ICD-10).
- Exposure to tobacco smoke during infancy is a cause of cot death.^{11,13}
- Evidence of exposure to secondhand smoke can clearly be seen in new-born babies whose mothers have been exposed to tobacco smoke.
- Exposure to second-hand smoke during pregnancy is linked to an increased risk of premature birth.
- Foetal exposure to second-hand smoke is linked to low-birth weight.
- Exposing children to secondhand smoke, in utero, affects their lung function during the first year of life.
- Recurrent ear infections in children are associated with exposure to secondhand smoke.
- Exposure to secondhand smoke increases the risk of stroke.
- Exposure to secondhand smoke increases the symptoms of asthma.
- Secondhand smoke is cited by up to 80% of asthmatics as a trigger for further attacks.
- For women who have been exposed to more than 40,000 hours of passive smoking, the risk of lung cancer is multiplied by 2.67.
- Secondhand smoke is often not detected, leaving most people unaware of the extent to which they are actually exposed.¹²

Do you know?

Cigarette smoking or Gutkha chewing would have been a part of your life for sometime, have you really cared to know what is in a cigarette that you smoke or in a packet of gutkha or pan masala that you chew...

- One Cigarette and One Beedi contains 4000 chemicals.
- One packet of Pan Paraag, Guthka, Khaini, Hans contains 3000 chemicals.
- Nicotine is the addictive agent that makes a person a slave of tobacco.
- 40 % of cancers detected in India are because of tobacco use.
- One Cigarette and one Beedi reduces 6 minutes of your life span.
- One packet of Pan Paraag, Khaini, Gutkha, Hans causes a wide spectrum of oral mucosal lesions/conditions, most commonly leucoplakia which is seen as a white plaque and periodontal disease.
- "An hour a day in a room with a smoker is nearly a hundred times more likely to cause lung cancer in a non-smoker than 20 years spent in a building containing asbestos."- Sir Richard Doll, 1985.

What difference will quitting make

After 20 minutes

- Blood pressure levels and pulse rate becomes normal.
- Body temperature of hands and feet increases to normal.
- After 8 hours:
- Carbon monoxide in your body drops.

- Oxygen level in your blood increases to normal.
- After 2 days:
 - Sense of smell and taste will improve. You will enjoy your food more.
 - Your risk of heart attack begins to decrease.
- After 3 – 4 days:
 - Bronchial tubes relax and your lung capacity will have increased, making breathing easier.
- After 2 weeks:
 - Blood flow improves; nicotine has passed from your body.
- Within 2 weeks to 3 months:
 - Circulation will improve, making walking and running easier; lung functioning increases up to 30%.
- Within 6 to 9 months:
 - You'll experience less coughing, sinus congestion, tiredness and shortness of breath.
- After 1 year:
 - Your risk of heart disease will be about half of what it would have been if you continued to smoke.
- After 5 years:
 - Your risk of stroke will be substantially reduced; within 5 to 15 years after quitting, it becomes about the same as a non-smoker's.⁹
- After 10 years:
 - Your risk of dying from lung cancer will be about half of what it would have been if you had continued to smoke.
- Your risk of cancer of the mouth, throat, oesophagus, bladder, kidney, and pancreas will also decrease.
- Within 15 years:
 - Your risk of dying from a heart attack is equal to a person who never smoked.¹⁰

Other benefits of quitting

Reducing your chances of premature death and illness are important, but they aren't the only benefits of quitting smoking.

- You'll be in control – cigarettes, beedis or gutkha and pan masala will no longer control you or your lifestyle. Your self-image and self confidence will improve. You'll feel proud of your ability to overcome something so challenging.
- You will have more energy to do the things you love. No cigarette or gutkha is worth *your health* or the *health of the people around you*.

The Tobacco Cessation Centre (TCC) a WHO and Ministry of Health, Govt. of India initiative, runs at the De-addiction Out Patient Department (OPD) of NIMHANS, Bangalore every Monday and Saturday from 9 am to 1 pm, is *the right CHOICE* towards a smoke free life.⁹

Conclusion

Even if tobacco control efforts are highly successful, world tobacco demand will quite likely continue to grow, or to stagnate and then fall gradually. The global market in tobacco and cigarettes is not under immediate threat; there is *not* likely to be an abrupt transition. This makes it more likely that workers, farmers and companies involved in the tobacco industry will be able to adjust to gradual changes.^{7,8}

Obstacles and opportunities

Efforts to reduce tobacco use face formidable obstacles: nicotine addiction; social pressures; aggressive cigarette marketing and promotion; and the vested interests of those who live and profit by cigarette sales. But the majority of smokers and a much larger majority of non-smokers support tobacco control measures. And there are many good success stories that could be replicated with political will and broad support.

Countries or areas within countries whose economies are highly tobacco dependent, and specific vulnerable groups that are heavily dependent on tobacco for their livelihoods may need help in coping with adjustments in the future, if efforts to reduce national or global tobacco use succeed well.⁶ The international development community could do much more to help speed progress in reducing tobacco use, within the framework of sound economic and development policies. Tobacco control policies and interventions have proved to be highly cost-effective in improving health outcomes, which is an important aspect of internationally agreed development goals. Increased government revenues from higher tobacco taxes could be used in pro-poor ways, and to achieve important development goals. Large reductions in tobacco use could lower the disease burden and mortality among smokers and their families, and release disposable income for more beneficial uses.

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