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THE IMPACT OF TOBACCO SMOKING ON THE HUMAN BODY IN THE SOCIAL ASPECT OF THE PROBLEM

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Annotation: Tobacco has a carcinogenic effect, causing cancer in at least 12 different parts of the body: in the lungs, oral cavity, nasal cavity, par nasal sinus, larynx, throat, esophagus, pancreas, stomach, liver, renal pelvis, and gallbladder. Tobacco also causes myeloid leukemia, that is, blood cancer.
Keywords: Throat, pharynx, metabolic processes, limb amputations.

Tobacco is also a risk factor for the development of cardiovascular diseases (40% of cases), chronic obstructive pulmonary disease (80% of cases), malignant tumors (30% of cases, including 90% of lung cancer cases). With tobacco abstinence, 40% of these diseases can be prevented.

Gum diseases caused by tobacco consumption – gum inflammation, inflammation of the tissues around the tooth root and bacterial plaque can lead to:

- Swelling and soreness of the gums,
- Bleeding,

-Withdrawal of the gums from the base of the tooth,

-Destruction and loss of teeth, taste sensitivity.

-Tobacco consumption increases the risk of oral cancer.

Oral cancer occurs on the lips, tongue or the inside of the cheeks (precancerous condition). Lip cancer and tongue cancer are aggressive and rapidly developing forms of cancer. Cancer can also occur in the throat, pharynx, on the tonsils. 90% of these cancers are directly related to tobacco use.

For a smoker, the risk of getting cardiovascular disease is 2-4 times higher than for a non-smoker. Diseases of the cardiovascular system are the main cause of death worldwide.

Tobacco consumption can lead to heart attack and stroke.

Smoking causes peripheral blood supply disorders in the extremities. There are painful spasms, numbness, Goosebumps and a feeling of fatigue in the legs. Lack of blood supply increases the risk of infections, causes gangrene and the need for limb amputation.

Chemicals contained in tobacco smoke cause chronic lung diseases.

The substances contained in tobacco smoke irritate the respiratory tract, reduce the elasticity of the lung tissue, and destroy the walls of the pulmonary alveoli.

There is chronic shortness of breath, cough.

90% of lung cancer cases are associated with tobacco consumption, carcinogens and tar contained in tobacco lead to the formation of cancer and contribute to its development. At the beginning of the disease, lung cancer proceeds covertly. When symptoms such as coughing up blood, difficulty breathing appear, it is possible that the cancer has already spread to other organs, especially to the bones, liver and brain.

Within a few days after quitting smoking, breathing improves, and the sense of smell and taste sharpen. After a few months, the smoker's cough disappears. The risk of various lung diseases is significantly reduced. Here we should not forget that the work of the lungs improves not only by giving up conventional cigarettes, but also by giving up all other smoking tobacco products, including hookah or cigarillos.

Mutations can occur accidentally during normal development or they are caused by external factors, for example, chemicals from cigarettes. Before a cancer cell arises, about six different mutations must manifest. The body has its own mechanisms for correcting mutations,

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but they do not always work. If a mutation occurs in a gene necessary for human life, and the body cannot eliminate this damage, then a cancer cell is formed.

Usually cancer cells occur for a long time, but smoking accelerates this process by increasing the number of mutations. Smoking can cause at least 14 different forms of cancer.

Although older and daily smokers have a higher risk of getting cancer, it is important to remember that every cigarette smoked increases the risk of the disease. Just 15 cigarettes are enough to cause a gene mutation that can lead to cancer.

Therefore, the only way to prevent cancer is to quit smoking. Although existing mutations will not go away, the risk of new mutations, and therefore cancer, will significantly decrease.

When consuming tobacco products, there are many obvious signs that worsen the appearance:

- Your skin has a gray tint, wrinkles appear much faster.
- Teeth, nails and fingers turn yellow.
- Breath and hair with clothes smell unpleasant.

When quitting smoking, the color and elasticity of the skin significantly improve. Non-smoking elderly people have 5 times fewer wrinkles than those who have smoked a pack a day for 25 years. Smoking during pregnancy seriously threatens the health of both the mother and the unborn child.

Mother's smoking (both active and passive) during pregnancy increases the risk of the following complications:

Slowing down the growth of the embryo, the risk of premature birth, the baby is born with low weight, the risk of termination of pregnancy or severe childbirth, the risk of sudden infant death syndrome, Congenital developmental disorders in a child, Lack of breast milk in the mother, the child needs medical help due to reduced immunity.

All women at the beginning of pregnancy dream of a physically and mentally healthy child. However, the facts show that many expectant moms and dads are not ready to change their lifestyle and give up bad habits in order to promote the birth of a healthy child with good development potential.

It should be noted that smoking exists in two different clinical varieties: in the form of a smoking habit and in the form of tobacco addiction. In the second variant (let's call it "thirst"), the smoker has a psychological, painful attraction to tobacco, and in the first it is not formed. Due to the fact that the external signs of addiction to tobacco are the same for all smokers (systematic smoking, a gradual increase in the number of cigarettes smoked per day, an attraction to the smell of tobacco smoke), the difference between the two varieties of smokers can be established only when they try to quit smoking. Those who smoke only by force of habit can become non-smokers completely painlessly, without any medical help and eventually forget that they smoked at all. And those who have formed a tobacco addiction, with all their desire, cannot give up smoking forever, even if the first days without tobacco are relatively safe for them. Sometimes even after a long break (several months or even years) they relapse. This means that smoking has left a deep mark on the mechanisms of memory, thinking, mood and metabolic processes of the body.

If we consider this problem in the light of a separate social group, then one of the most urgent will be this problem among secondary school students. Since the influence of peers on the student's unformed consciousness is very great, there are quite a lot of reasons for concern. In addition to the influence of others, there is a personal desire for "hasty growing up" characteristic of many modern children. The influence can also come from parents, as a bad example, and simply from adults who do not find anything wrong with it. Children need more attention, both from parents and from teachers, who need to observe the aspirations and inclinations of students more.

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Almost everyone knows that smoking is harmful to health, even children. However, due to the fact that the troubles and dangers associated with smoking are, as it were, delayed in time, every smoker thinks that they will not affect him, and he lives for today, not thinking about the diseases that will inevitably strike him in 10-20 years (and those who started smoking in childhood - even earlier).

"Maybe it will pass", "Maybe it will happen, but not with me" - a dangerous life position. However, no, it won't, the payback for smoking is inevitable and inescapable. Specialists are well aware that for every bad habit, sooner or later, a reckoning is inevitable - it will be expressed in a deterioration of health.

In many countries, the number of smokers continues to grow mainly due to women and children. Unfortunately, the production of tobacco products is also growing.

Medical, psychological, social and even some studies of the economic aspects of the problem of the harm of smoking show us the danger of this habit.

Currently, the fight against smoking is carried out comprehensively both at the international and at the state level, starting from state events and ending with individual impacts. All these measures are aimed at three groups of the population of non-smokers, smokers and quit smokers:

- encouraging non-smokers to abstain from smoking and preventing the spread of smoking in any form;
- reduction of smoking in all age-sex and occupational groups of the population;
- reducing the harmful effects of tobacco smoke;
- reducing the impact of passive smoking on non-smokers;
- help those who quit smoking, so that they do not start again;
- coordination of efforts, both within the healthcare system and on a national scale.

Lung cancer in people who use tobacco is 10 times more common. Regular ingestion of saliva with nicotine breakdown products contributes to the development of cancer of the oral cavity, esophagus, stomach and duodenum. In the lungs of a person with nicotine addiction, resins that contribute to the development of diseases of the respiratory system, including fatal ones, settle and accumulate.

Smoking causes enormous harm to the heart and blood vessels. After one cigarette, blood pressure rises, the risk of thrombosis and blockage of the arteries increases. The pulse of a person who uses tobacco is 15,000 heartbeats per day more often than that of a non-smoker. Thus, the load on his heart is about 20% higher than normal. Vasoconstriction causes oxygen starvation of tissues — hypoxia.

An increase in the blood of a smoker of catecholamines contributes to an increase in the concentration of lipids and the development of atherosclerosis, hypertension and fatty degeneration of the heart. Various disorders of the sexual sphere caused by narrowing of the vessels of the pelvis occur 3 times more often in smokers than in non-smokers. 20,000 lower limb amputations are performed annually in Russia due to obliterating endarteritis. The disease develops as a result of a violation of the trophic tissues due to insufficient blood supply caused by tobacco use.

Tobacco use contributes to a decrease in the motor function of the stomach and intestines, negatively affects the condition and functional activity of the liver. Mortality from diseases of the digestive system — stomach ulcers and duodenal ulcers — in smokers is 3.5 times higher than in non-smokers.

Nicotine negatively affects the appearance, causing deterioration of the skin, darkening of teeth and an unpleasant smell. It is proved that tobacco use contributes to accelerated biological aging — the functional indicators of the body do not correspond to age.

Smoking causes great harm to the body of a pregnant woman and fetus. Chronic hypoxia causes delays in its development and poses a threat of miscarriage. Children of mothers who

smoke during pregnancy are often born prematurely. They often have signs of hypotrophy and immaturity, often get sick and lag behind their peers in development.

Getting rid of smoking is simple. To do this, you just need to understand that cigarettes are not able to bring anything positive to life. Having a strong desire to change your own life, improve your appearance, and health is an excellent reason to start fighting an existing bad habit. Quite often, this motivation is quite enough for someone who has a really strong desire to get rid of smoking. Therefore, answering the question of how to get rid of smoking forever, first of all you need to form your own motivation. After all, it should act not only in the first days of quitting smoking, but also in the future, guaranteeing a healthy, long, full of all kinds of bright moments of life. All this will be the best reward for experiencing nicotine withdrawal.

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