



# Tobacco: Effect of Cigarette Smoking

Jian Kuang\*

Department of Drug and Toxicology, University of Surrey, United Kingdom

## INTRODUCTION

Tobacco smoking is the practice of burning tobacco with the smoke inhaled to be tasted and absorbed into the bloodstream. Around 23% of the world's population smokes cigarettes. Several studies have linked tobacco smoking to a range of devastating illnesses including coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), and cancers in every human organ system, and decreased reproductive health. This activity outlines the evaluation and management of tobacco smoking and underscores the role of the inter-professional team in improving care for patients with this condition. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis [1,2]. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. Tobacco is a plant grown for its leaves, which are dried and fermented before being put in tobacco products. Tobacco contains nicotine, an ingredient that can lead to addiction, which is why so many people who use tobacco find it difficult to quit. Roll-ups are at least as harmful for you as ordinary cigarettes, and can cause the same health risks. Studies have suggested that people who smoke roll-ups also have an increased risk of cancer of the mouth, oesophagus, pharynx and larynx compared to smokers of manufactured cigarettes.

## DESCRIPTION

We found that smokers had a thinner cerebral cortex than non-smokers in other words, smoking was destroying the grey matter in smokers. This is important because the cerebral cortex is a part of the brain that is crucial for thinking skills including memory and learning, so thicker is better. Within 2 weeks to 3 months of quitting: Your circulation improves and your lung function increases. Within 1 to 9 months of quitting: Coughing and shortness of breath decrease. Your lungs and airways are more able to handle mucus, clean the lungs, and reduce the risk of infection. People say that they use tobacco for many different reasons like stress relief, pleasure, or in social situations. One of the first steps to quitting is

to learn why you feel like using tobacco. Smoke from all cigarettes, natural or otherwise, has many chemicals that can cause cancer (carcinogens) and toxins that come from burning the tobacco itself, including tar and carbon monoxide. Even herbal cigarettes with no tobacco give off tar, particulates, and carbon monoxide and are dangerous to your health. Initial therapy selection First-line pharmacotherapies for smoking cessation include Nicotine Replacement Therapy (NRT), varenicline, and bupropion. These treatments aim to reduce symptoms of nicotine withdrawal, thereby making it easier to stop using cigarettes. The goal of nicotine replacement therapy (NRT) is to relieve nicotine withdrawal symptoms by providing nicotine without the use of tobacco, while the individual breaks the behavior of cigarette smoking [3-5]. First-line NRT does not include electronic cigarettes.

## CONCLUSION

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Tobacco Use Disorder is diagnosed when an individual is dependent upon nicotine, which is found in tobacco. A psychoactive drug (affects the mind), nicotine is a highly addictive, central nervous system stimulant.

## ACKNOWLEDGEMENT

None

## CONFLICT OF INTEREST

Authors declare no conflict of interest.

## REFERENCES

1. Baker SJ, Japuntich JM, Hogle DE, McCarthy J (2006). Pharmacologic and behavioral withdrawal from addictive drugs. *Curr Dir Psychol Sci.* 15 (5):232-236.
2. Puljevic C, Segan CJ (2019). Systematic review of factors influencing smoking following release from smoke-free prisons. *Nicotine Tob Res.* 21(18):1011-1020.

<b>Received:</b>	30-August-2022	<b>Manuscript No:</b>	ipjda-22-14415
<b>Editor assigned:</b>	01-September-2022	<b>PreQC No:</b>	ipjda-22-14415(PQ)
<b>Reviewed:</b>	15-September-2022	<b>QC No:</b>	ipjda-22-14415
<b>Revised:</b>	20-September-2022	<b>Manuscript No:</b>	ipjda-22-14415(R)
<b>Published:</b>	27-September-2022	<b>DOI:</b>	10.36648/2471853X.22.8.115

**Corresponding authors** Jian Kuang, Department of Drug and Toxicology, University of Surrey, United Kingdom, E-mail: Ku.jian765@gmail.com

**Citation** Kuang J (2022) Tobacco: Effect of Cigarette Smoking. *J Drug Abuse.* 8:115.

**Copyright** ©2022 Kuang J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

3. Ashley DL, Backinger CL (2012) The food and drug administration's regulation of tobacco: The center for tobacco products' office of science. *Am J Prev Med.* 43:255-263.
4. Warnakulasuriya S, Dietrich T, Bornstein MM (2010). Oral health risks of tobacco use and effects of cessation. *Int Dent J.* 60:7-30.
5. Tonetti MS, Greenwell H, Kornman KS (2018). Staging and grading of periodontitis: Framework and proposal of a new classification and case definition. *J Periodontol.* 89(3):159-172.