

HARMFUL EFFECTS OF TOBACCO PRODUCTS

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Abstract: The consumption of tobacco products is harmful to human health. To date, the number of smokers worldwide continues to increase. The spread of smoking among young people and women is particularly alarming. Based on modern medical research, it can be stated with certainty that tobacco contains more than twenty toxic substances, among which nicotine is the most poisonous. When a person smokes a cigarette, nicotine is absorbed through the lungs into the bloodstream, negatively affecting the cardiovascular system. Blood vessels narrow, and blood pressure rises. The heart rate accelerates. This condition can lead to heart muscle dysfunction. If it occurs repeatedly, it may eventually result in serious conditions such as myocardial infarction or angina. According to data, smokers are twelve times more likely to develop cardiovascular diseases compared to non-smokers.

Tobacco also affects brain cells. Smokers often experience insomnia and headaches. Consequently, the functioning of the central nervous system is disrupted. Heavy smokers frequently cough up phlegm, and they become easily short of breath when walking or performing physical labor. In some cases, excessive tobacco use can lead to mental disorders. Smoking also damages the respiratory system. The toxic substances in tobacco smoke contribute to various lung diseases, including bronchitis, tuberculosis, and even cancer.

Tobacco negatively affects the digestive system as well. Smokers often lose their appetite, experience unpleasant taste in the mouth, and their salivary glands function poorly. Nicotine, when mixed with saliva and swallowed, produces acids that damage the stomach lining, causing heartburn and excessive secretion of gastric juices. This may result in diseases such as peptic or duodenal ulcers. Medical studies show that children born to smoking parents may be underweight, weak, or unhealthy. Smoking can even lead to vision problems.

The concentration of toxic substances in the smoke exhaled by smokers is high. In such an environment, non-smokers may involuntarily inhale second-hand smoke. Many people justify their smoking under stress, claiming it relaxes them, but this is similar to “trying to extinguish a fire with oil.” Today, there are many types of cigarettes, and despite their variety and colorful packaging, they remain harmful. Smokers often ignore the warning on the pack: “Smoking is dangerous to your health.”

Key Terms: Tobacco smoking, nicotine, heart disease, blood vessels, myocardial infarction, lung disease, cancer, bronchitis, tuberculosis, respiratory system, nervous system, psychological addiction, motivation, nicotine replacement therapy, medications, behavioral therapy, group support, family support, healthy lifestyle, passive smoking, youth, tobacco advertising.

Аннотация: Потребление табачных изделий вредно для здоровья человека. На сегодняшний день количество курильщиков во всём мире продолжает расти. Распространение курения среди молодежи и женщин особенно тревожно. Основываясь на современных медицинских данных, можно с уверенностью сказать, что табак содержит более двадцати токсичных веществ, среди которых наиболее ядовитым является никотин.

Когда человек курит сигарету, никотин через дым поступает в лёгкие, а затем всасывается в кровь, отрицательно влияя на сердечно-сосудистую систему. Кровеносные сосуды сужаются, давление повышается. Учащается сердечный ритм. Это состояние может привести к нарушению работы сердечной мышцы. Если оно повторяется регулярно, со временем могут развиваться такие заболевания, как инфаркт миокарда или стенокардия. По данным исследований, у курильщиков сердечно-сосудистые заболевания встречаются в двенадцать раз чаще, чем у некурящих.

Табак также влияет на клетки головного мозга. У курильщиков появляются бессонница и головные боли. В результате нарушается деятельность центральной нервной системы. Люди, часто курящие, часто отхаркивают мокроту. При ходьбе или физической нагрузке они быстро задыхаются. В некоторых случаях чрезмерное потребление табака может привести к психическим расстройствам.

Курение табака вредно и для дыхательной системы. Токсичные вещества в табачном дыме вызывают различные заболевания лёгких – бронхит, туберкулёз, а иногда и рак.

Табак также влияет на пищеварительную систему. У курильщиков снижается аппетит, появляется неприятный привкус во рту, нарушается работа слюнных желез. Никотин, попадая со слюной в желудок, выделяет кислоты, повреждающие его стенки. Возникает изжога, чрезмерное выделение желудочного сока. Это может привести к таким заболеваниям, как язва желудка и двенадцатиперстной кишки.

Медицинские исследования показывают, что дети, родители которых курят, могут родиться слабыми, больными или недоразвитыми. Курение может даже привести к ухудшению зрения.

Концентрация токсичных веществ в дыме, выделяемом курильщиком, высока. В таких условиях некурящие люди также могут вынужденно подвергаться пассивному курению.

Многие люди оправдывают своё курение под стрессом, утверждая, что оно успокаивает, однако это похоже на «пытаться потушить огонь маслом». Сегодня существует множество видов сигарет, и, несмотря на их разнообразие и яркую упаковку, они остаются вредными. Курильщики часто игнорируют предупреждение на упаковке: «Курение опасно для здоровья».

Ключевые слова: Курение табака, никотин, сердечные заболевания, кровеносные сосуды, инфаркт, болезни лёгких, рак, бронхит, туберкулёз, дыхательная система, нервная система, психологическая зависимость, мотивация, никотинозамещающая терапия, лекарственные препараты, поведенческая терапия, групповая поддержка, семейная поддержка, здоровый образ жизни, пассивное курение, молодёжь, реклама табака.

Quitting Tobacco: Effective Treatment and Prevention Methods

The most important step in combating smoking is overcoming nicotine addiction. Nicotine creates a strong psychological and physiological dependence, making it difficult for many smokers to quit independently. The most effective methods to treat tobacco addiction are described below:

1. Psychological Support and Motivational Therapy

The first and most important step is psychological preparation. Motivational therapy aims to:

Identify reasons for quitting smoking

Develop strong internal motivation

Teach stress management skills

Reduce triggers that encourage smoking

Motivational interviews conducted by a psychologist significantly reduce the desire to smoke.

2. Nicotine Replacement Therapy (NRT)

NRT is the most commonly used method to reduce the need for nicotine in smokers. Types of NRT include:

Nicotine gum

Nicotine patches

Nicotine inhalers or lozenges

These provide nicotine without the harmful smoke, gradually reducing dependence. The advantage is that the body receives nicotine in a controlled way, without the toxic substances in tobacco smoke.

3. Medication Therapy

For individuals with strong addiction, doctors may prescribe specific medications:

Varenicline – blocks nicotine receptors, reducing the pleasure from smoking

Bupropion – decreases addiction in the brain and reduces stress

These medications are taken only under medical supervision with individualized dosages.

4. Behavioral Therapy

This therapy helps individuals identify situations that trigger smoking and either avoid them or change their response. Key strategies:

Replace bad habits with healthy ones

Drink water, practice breathing exercises, engage in physical activity instead of smoking

Learn to cope with stress without cigarettes

Restructure situations that lead to smoking

This method is particularly effective for those with weak willpower.

5. Group Therapy and Support Programs

Social support is crucial in quitting smoking. Advantages of group therapy:

Learn from others' experiences

Receive psychological support

Increase responsibility

The World Health Organization recommends group therapy as one of the most effective methods.

6. Mobile Apps and Electronic Support

Many health monitoring apps are now available, which:

Track smoke-free days

Provide daily motivation

Offer psychological support when cravings occur

Examples include "Smoke Free," "QuitNow!," and "EasyQuit."

7. Family Support

Family understanding and assistance play a vital role. Family members should:

Reduce situations that trigger smoking

Help manage stress

Give praise and motivation

8. Adopting a Healthy Lifestyle

Quitting smoking is physically demanding. A healthy lifestyle makes the process easier:

Regular exercise

Proper nutrition

Adequate water intake

Sufficient sleep

These habits reduce nicotine dependence and normalize mood.

Conclusion

Tobacco products are a major factor causing harm to human health, society, and the economy. Their toxic substances seriously damage the respiratory, cardiovascular, digestive, nervous, and

reproductive systems, leading to severe and potentially fatal diseases such as cancer, stroke, and heart attack. Passive smoking is especially dangerous for children and the elderly.

Overcoming tobacco addiction is challenging, but with the right approach, anyone can succeed. Psychological support, motivation, nicotine replacement therapies, medications, behavioral therapy, family support, and a healthy lifestyle are the most effective tools for quitting. Most importantly, the individual must have determination, willpower, and a desire for a healthy life. Quitting smoking protects health and is the greatest investment in one's own life and future.

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