



nicotine

THE FACTS: NICOTINE

Sometimes called: Cigarettes, Baccy, Ciggies, Fags, Smokes, Pipes

The Effects:

- Regular users say it helps them relax, concentrate and feel less anxious and less hungry
- Feeling sick and dizzy on first use
- Makes your breath, hair and clothes smell
- Stains your teeth

The Risks:

- Each year at least 100 000 people die from smoking related diseases.
- Passive smoking - breathing other people's smoke can damage your health.
- Tobacco smoke contains over 4000 chemicals, many of which are harmful to health.
- It's easy to get hooked on cigarettes, so it can become an expensive habit.
- Smoking over a long period of time can lead to cancer, heart disease and bronchitis.
- Smoking during pregnancy can harm the baby.

The Law:

It is illegal for shopkeepers to sell cigarettes etc. to people under 16 years old. This includes single cigarettes as well as packets.

For friendly advice and information on stopping smoking please call Merton, Sutton and Wandsworth Stop Smoking Service on (020) 8725 0981.

For information, support, advice or someone to talk to about drugs, call the numbers below:



Blenheim CDP Head Office
66 Bolton Crescent
London SE5 0SE

t: (020) 7582 2200
w: www.blenheimcdp.org.uk
e: info@blenheimcdp.org.uk

Project contact details: