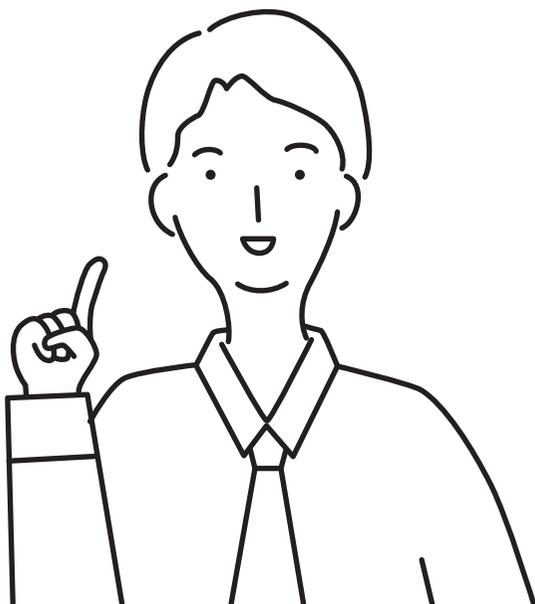


Introduction

Smoking is bad for your health. Smokers and non-smokers may have heard many times that it affects the health of people around them who don't smoke and you may think, "I know."

Scientific evidence has been proven that health hazards occur not only in "active smoking" where non-smokers are exposed to cigarette smoke. So why continue with habits that can affect not only your health but also the health of those around you? Why can't you stop smoking and the effects of smoking again?



Welcome everyone

[Contact us at Center for Health Sciences and Counseling]

○ Mon. – Fri. 9:00-17:00
○ <http://www.chc.kyusyu-u.ac.jp/>

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Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.
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Selfcare



For students

Mental and physical health 11

Health Hazards of Smoking



This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

Kyushu University

Center for Health Sciences and Counseling

1. "Two Dependencies" that Bring Smoking Habits

(1) Nicotine dependence

Nicotine in cigarettes allows habitual smokers to depend on the system. Nicotine as well as alcohol and drugs matter dependence, such as things, causes dependence in our brains. The reward circuit is formed to trigger. This circuit is cause relapse even if it succeeds in smoking cessation you want to use. In Also, when you quit smoking because there are this circuit, unpleasant withdrawal (forbidden) symptoms, such as frustrating.

(2) Psychological dependence (habit)

When you become a habitual smoker, it becomes a part of your daily life and you begin to have close relationships with various behaviours in your daily life, such as eating, starting and quitting work. Then, the chance of daily life becomes a sign of smoking like "After meal" and "After work". You may call it a routine. At this point, smoking is imprinted in everyday life, and it changes to something that is not only meant to replenish nicotine that is lacking in the body.

2. Dependence is an obstacle to smoking cessation

When smoking is done, it is necessary to discontinue the above two dependencies together. As a way to relieve withdrawal symptoms that occur when a person who is addicted to nicotine quits, there are nicotine replacement therapy (nicotine patches and nicotine gum) and drugs that act on nicotine receptors (varenicline). By using them, it is possible to avoid unpleasant symptoms and to work on smoking cessation. On top of that, to stop smoking that has become a habit in daily life, it is necessary to separate smoking from various opportunities in daily life. Breaking away from this habit requires a shift in the values of smokers to smoke, and it is important to be able to envision a future of self who does not smoke. For smokers to quit smoking, two steps need to be taken away from nicotine dependence and the change of their habits.

3. About Passive Smoking

The Ministry of Health, Labor and Welfare have launched measures to prevent passive smoking in preparation for the 2020 Tokyo Olympics. People who don't smoke tend to think that smoking is irrelevant to them. However, let's understand the problem of passive smoking correctly only for the person who does not smoke and think about the measures. In Japan, 15,000 people are estimated to die each year due to passive smoking. This is about four times the number of traffic deaths. Passive smoking is a risk for many diseases besides cancer and ischemic heart disease. For ischemic heart disease, research has been well known before and after the establishment of smoking cessation laws in Scotland. This is a study of changes in the number of patients admitted to acute coronary artery syndrome (ACS) before and after the Enforcement of the Smoking Cessation Act (requiring indoor smoking in public places). Before and after the enforcement of the law, there was a 17% decrease in the number of ACS admitted patients, a total of 10% decrease in the annual average. The effect is obvious compared to %. Besides, the breakdown is 14% for smokers and 21% for non-smokers who have never smoked at all. The number of inpatients has decreased. Therefore, on the health damage, the inhibitory effect of passive smoking prevention is stronger in non-smokers than smokers and the health damage of passive smoking is considered in turn. It is recognized in non-smokers. (Pell JP, et al. N. Engl. J. Med. 31;359(5):482-91)

4. About so-called "electronic cigarettes"

In response to the problem of secondhand smoke and smell, the one that began to circulate is a type such as electronic cigarette and heated cigarette. There are three types of these, but the differences in each component, regulation and so on are summarized in the table. You'll find that there are problems, such as illegal ones and some that are not regulated. Moreover, it seems to be generally thought that the so-called passive smoking does not happen in these things, but it is not so. Because nicotine is included in the aerosols that occur in heated cigarettes sold in Japan, nicotine dependence is not eliminated. Heating produces chemicals

other than the original ingredients. Compared to cigarettes, nicotine levels remain almost unchanged, and tar is suppressed by about half, but carcinogens are contained in aerosols, although they can be a fraction of a fraction. Passive smoking is caused by inhaling secondary smoke and call smoke. Secondary smoke does not occur in heated cigarettes. However, there is a call aerosol that is exhaled from people who inhale heated cigarettes, and because some of the children have nicotine and carcinogens mentioned above, the health damage associated with passive smoking (aerosols) will undoubtedly occur. In 2016, WHO issued a report on "e-cigarettes." "Electronic cigarette" compared to paper cigarettes, although the type and concentration of toxic substances that occur is generally small, and that there is a carcinogen that occurs only in new cigarettes, there is a harmful substance that has a higher concentration than paper cigarettes. The inhaler and those around him are exposed to harmful substances and should be treated the same as cigarettes.

Table: Differences between "electronic cigarettes"

Heated tobacco	Nicotine-containing electronic	Nicotine "non-" electronic
TECH, glo	Only overseas	Many
"Tobacco leaves" used	Nicotine solution (with carcinogen)	Solution with unknown ingredients
Nicotine ++	Nicotine ++	Some nicotine is detected
Legal (Tobacco Business Law)	"illegal" (conflicts with Individual imports and Pharmacy Law)	Legal (Pharmaceutical Law [Former Pharmaceutical Affairs Law])
Adults only (cigarette products)		anyone (such as home electronics mass retailers)

5. Finally

"It's a habit not to start smoking or to quit." If you don't smoke now, make sure you don't start smoking in the future. Would you review once more if you smoke, it is worthwhile to continue smoking compared to other valuable things in your life? Smoking is a habit that can lead to some kind of illness in yourself and may also affect your health. Think about smoking again. The Campus Life and Health Support Center is always waiting for your consultation.