



CIGARETTES ARE ALSO A DRUG BE INFORMED!



Nicotine is a toxic substance

- Cigarettes contain a drug called nicotine that causes addiction.
- It is a myth that cigarettes have a relaxing effect and eliminate stress. What smokers believe to be a relaxing and stress-eliminating effect is in reality the sensation they feel when their need to smoke a cigarette – a need which causes anxiety – is met.
- Nicotine is a toxic substance: an adult could die from consuming just 0.05 grams of pure nicotine.
- Swallowing even one cigarette can cause death in children.
- The toxic effects are evident immediately after smoking the first cigarette: coughing, a feeling of weakness and nausea, a dry throat, reddening and tearing of the eyes. These are all signs that the body is “fighting” a toxic substance. Carbon monoxide, which is just one of the hazardous substances contained in cigarettes, is a very harmful toxic substance. It reduces oxygen supply to the organs, which in turn reduces physical energy and strength; and this effect is apparent after the very first cigarette. Smokers quickly get tired and find it difficult to breathe when playing sports or walking up stairs; these are clear signs of the aforementioned physical effects.
- In addition to nicotine, cigarettes contain 4,000 chemical substances; 50 of these substances cause cancer. Cigarette smoke contains 3,700 harmful chemical substances, 40 of which also cause cancer. These substances include ammonia, arsenic, tar, cyanic acid, carbon monoxide and butane gas. For instance, arsenic is used for poisoning mice and rats, and ammonia is a blanching agent.
- There is scientific evidence proving that each cigarette smoked reduces a human life by 11 minutes.
- Each year 650,000 Europeans die from diseases developed as a result of smoking. Globally, this figure is 4 million. Fortunately, more and more people are trying to beat this harmful addiction.
- Cancer is a well-known risk associated with smoking. First of all there is the risk of lung cancer, but there is also the risk of trachea, kidney, breast, pancreatic and skin cancer.
- Smoking cigarettes is the most widespread cause of death and diseases in Europe. Remember that it is a cause of death that may be avoided!

Be informed, We hope
You will make the right choice!

¹ Source: U.S. Centers for Disease Control and Prevention.



CANNABIS: MARIJUANA/HASHISH BE INFORMED!

*Cannabis leads to the development of
psychological dependence*

- Smoking marijuana/hashish is prohibited by law in many countries, strictly punished and not tolerated by society. Georgia is one of these countries.
- Persons found using this substance (which is usually detected in urine) are punished according to Article 45 of the Administrative Code of Georgia (the person is either fined 500 lari or kept in administrative custody for up to 30 days). The same offence committed again during the same year is punished according to Article 273 of the Criminal Code of Georgia (minimum fine of 2,000 lari or up to one year of imprisonment).
- Using cannabis leads to the development of psychological dependence, meaning that users rely on the drug to be able to relax, to experience joy or pleasure or strong emotions, or simply as a source of comfort.
- Cannabis contains a substance called tetrahydrocannabinol (THC), which is a psychoactive substance and affects the human psyche – our mind and emotions.
- How this substance affects the user (pleasant feelings or unpleasant ones such as nausea, strong uncontrollable fear, irritation, etc.) depends on the quantity of the substance consumed, the user's mood and emotional state before consuming the substance, the environment in which it is consumed, and so on.
- In cannabis smokers, THC is transferred from the lungs to the blood and therefore is supplied to all organs. It is possible to identify traces of THC in the body even several weeks after the substance has been used.
- When THC reaches the brain, it negatively affects the area responsible for memorizing new information and controlling mechanical movements. This is why a majority of cannabis users have difficulties learning new information, a distorted sense of time and difficulties controlling their own movements.
- In the last decade it has been scientifically confirmed that cannabis negatively affects the brain's functions. Regular use of cannabis slows down the mind (worsened memory, slower reactions, lowered problem-solving skills). These specific symptoms continue for more than one year after a user has stopped this harmful habit.
- Given that reactions to using cannabis are specific to the individual and may be very different, there is always a possibility that its effects may be deeply unpleasant and overwhelming. Using cannabis is typically risky when a person feels depressed or excited, or if the user suffers from mental problems.
- Since cannabis smoke (which is mixed with tobacco) is usually inhaled deeper and is kept in the lungs longer than tobacco smoke, the harm from one portion of cannabis is equal to the harm caused by smoking three to five cigarettes (taking into account the joint effects of carbon monoxide and tar).
- A rather big market is interested in popularizing cannabis, and this can be seen in the marketing strategies used: healthy, notably young people who have a rebellious image are usually selected for advertising.
- In some countries cannabis is sold legally and offered to customers in shops and booths that provide environmentally friendly products – these are the marketing strategies of the drug industry.

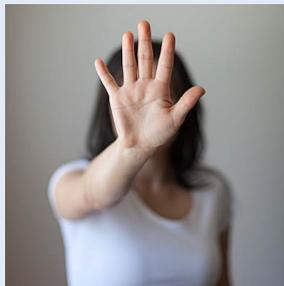


ALCOHOL CAUSES ADDICTION! BE INFORMED!



*Excessive alcohol is harmful
to the heart and liver*

- The majority of accidents are caused by alcohol; road accidents, domestic violence and damage and suicides caused by aggressive behaviour are very often associated with alcohol abuse.
- Alcohol abuse results in a reduced capacity to assess risks; furthermore, people lose their ability to control their sexual needs or desires. It is notable that a vast majority of rapes are committed by persons who are under the influence of alcohol.
- Regular consumption of alcohol causes physical weakness; it affects consciousness and reduces concentration. There is a scientifically confirmed tendency of dying brain cells in the brains of intensive alcohol consumers. These results are even more obvious when alcohol abuse takes place on a daily basis.
- Regular consumers of alcohol develop a “tolerance” towards alcohol, meaning that in order to reach the desired condition and relieve tension they have to consume increasing amounts of alcohol. However, over time, increased doses of alcohol have a destructive effect on the body (including when symptoms are not explicit).
- When under the influence of alcohol people may say things or act in a way that they will not remember the following day. It can be embarrassing to be the only person who is unaware of what happened the day before.
- Alcohol leads to weight gain: one glass of beer contains 100 kilocalories, while low-alcohol carbonated drinks contain 146 kilocalories.
- Alcohol is very harmful to the heart and liver and negatively affects blood pressure.
- People who suffer from cardiovascular and liver diseases have to stop drinking alcohol.
- Drinking alcohol while taking a range of various medicines is very risky.
- Consuming alcohol together with sleeping pills or sedatives increases the risk of losing consciousness, collapse or respiratory impairment, which may have fatal results.



Regular consumption of
alcohol causes
physical weakness!



Better Health For ALL



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დაავადებათა კონტროლის და
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