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**ВЛИЯНИЕ ТАБАЧНЫХ ИЗДЕЛИЙ И ЭЛЕКТРОННЫХ СИГАРЕТ
НА ЗДОРОВЬЕ КУРИЛЬЩИКОВ**

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**THE IMPACT OF TOBACCO PRODUCTS AND E-CIGARETTES
ON THE HEALTH OF SMOKERS**

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Резюме. В настоящее время проблемы, вызванные употреблением никотиновых веществ, привлекают все больше внимания. Эта исследовательская работа направлена на изучение вредных последствий курения и привлечение общественного внимания к проблеме распространения этой привычки.

Ключевые слова: курение, влияние табака.

Resume. Nowadays, the problems caused by the use of nicotine substances are receiving more and more attention. This research work is aimed at researching the harmful effects of smoking and attracting public attention to the problem of spread of this habit.

Keywords: smoking, impact of tobacco.

Relevance. Nowadays, the problems caused by the use of nicotine substances are receiving more and more attention. New symptoms of various diseases are appearing and the most important thing is that they occur among the young generation, including teenagers (14-18 years old). Cigarettes sold in stores contain more than 7,000 chemicals, and burning them generates potential toxic substances in smoke and discarded cigarette butts. Nicotine produces devastating effect not only on our bodies and systems, but on future generations as well. Tobacco in any form kills and sickens millions of people every year. Around 2,871 million people died from a tobacco-related diseases in 2025 alone. The number of annual deaths can be expected to keep growing even after rates of tobacco use start to decline, because tobacco-related diseases take time to become apparent.

Aim: to study the harmful effects of nicotine on human health; to attract public attention to the problems of healthy lifestyle; to prevent the spread of the habit tobacco smoking among teenagers.

Objectives:

1. To develop a questionnaire and interview people aged 14-18 y.o. about using tobacco products;
2. To compare smoking restrictions in different countries;
3. To suggest methods of reducing consumption of tobacco products in the republic of Belarus;

Materials and methods. 287 people aged 18 to 52 were interviewed using questionnaire made by us, consisting of 25 questions. Various research works were studied and results applied on our country.

Results and their discussion. Smoking is the primary cause of preventable illness and premature death. Tobacco smoke in any form drastically affects every part of human organism, reducing quality of life and life expectancy. Most smoking-related deaths arise from one of three types of disease: lung cancer, chronic obstructive pulmonary disease and coronary heart disease. Moreover, there are many medical conditions associated with smoking, which may not be fatal but still cause years of debilitating illness.

The spread of tobacco products has been decreasing over the years, but the problem remains actual due to the popularization of this product among the young population, which has an impact on their future health. Cigarette smoking and exposure to tobacco smoke cause about 7,2 million premature deaths each year. Of those premature deaths, about 36% are due to cancers, 39% are due to heart diseases and strokes, and 24% are due to lung diseases. Mortality rates among smokers are about three times higher than among people who have never smoked.

Smoking harms nearly every bodily organ and organ system in the body and diminishes a person's overall health. Smoking causes cancers of the lungs, esophagus, larynx, mouth, throat, kidney, bladder, liver, pancreas, stomach, cervix, colon, and rectum, as well as acute myeloid leukemia. Smokers are also at higher risk of developing pneumonia, tuberculosis, and other airway infections. In addition, smoking causes inflammation and impairs immune function. At high risk are organ systems such as digestive system and cardiovascular system. Smoking makes it harder for a woman to get pregnant, as well as putting her at higher risk of miscarriage, having an ectopic pregnancy, having her baby born too early and with different abnormalities. A woman who smokes during or after pregnancy increases her infant's risk of death from Sudden Infant Death Syndrome (SIDS). Men who smoke are at greater risk of erectile dysfunction.

From a medical point of view the prerequisites for smoking are laid down from childhood. Studies have been conducted have proven that those children who have not been fed breast milk are more susceptible to smoking in the future, which is associated with a lack of the sucking reflex in childhood. It is necessary to single out the fact that the longer smoking is affecting a person, the greater their likelihood of experiencing harm from smoking is, including premature death. The prevalence of tobacco products among adolescents in our country is one of the highest, which gives us reason to think about changing our future.

Results of the questionnaire. The results of the introduction of the questionnaire questions show us that the primary cause of smoking among teenagers is stress. One of the most concerning results is that the percentage of smokers in the family is 46% while the percentage of smoking friends is a whopping 98%. Environment plays a significant role as well. 29% of smokers have friends who smoke, and the same 29% have smokers in the family and among friends.

One of the problematic issues is the places for smoking, since 29% of smokers smoke wherever they want. People who live with them in the same house or on the same floor suffer especially from this. According to our survey, most people smoke 1-2 cigarettes every

day, for more than 4 years. Despite the emerging symptoms of breathlessness, cough and headache, smokers don't give up this habit. Moreover, most people do not consider smoking as a problem, which does not immediately make it possible to quickly and effectively resolve this issue. Various prohibitions are welcome, and some of them should be applied to solve this problem.

Studying other countries methods to prevent smoking in public places and in general. Anti-smoking measures are becoming more and more strict in different countries. Much attention is being paid to prevention of the harmful effects of nicotine and similar products on our future generations. For example, in Russia and Japan there is a certain distance limit for smoking near dwelling areas; the sale of e-cigarettes is totally prohibited in Kazakhstan; tobacco products are prohibited in vending machines and on certain streets in Finland and Japan respectively. The main aim of this part of the research was to see the trend that is necessary for our country and start moving in a direction that will allow us to completely get rid of cigarettes and their analogues.

Conclusions. In the course of the scientific research, the influence of smoking both electronic and regular cigarettes on the health of the present and future population was revealed. This made us suggest several steps to reduce the amount of smokers in the future:

1. Ban the sale of electronic cigarettes
2. Popularize information about the danger of nicotine
3. Prohibit advertising tobacco products and electronic cigarettes
4. Increase fines from 1-2 basic units to 15 (630 BYN)
5. Tighten control over offenders

Of course, this is not enough to get rid of smoking at all, but it makes us hope for a healthy future for our descendants, as well as a positive trend in improving the country's ecology and demographic situation.

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