



**Japan Society for Tobacco Control**

**日本禁煙学会**

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## **Please quit smoking to relieve smoker's Black Lip**

**Please inform those exposed to passive smoking that they can also get Black Lip**

General incorporated association Japan Society for Tobacco Control  
Sakuta Manabu, Chairperson

Smokers, especially heavy smokers, are more prone to higher rates of more than 50 diseases such as cancers of the tongue, esophagus, breasts, cervix and lungs; stroke; myocardial infarction and Alzheimer's disease.

In addition, the skin of smokers is afflicted by tobacco smoke. To read about how the skin of smokers, including the lips and the skin around the mouth, are affected by smoking, see the websites below. The darkened effect from tobacco on the lips is called black lip, smoker's lip or tobacco lip. (These effects are easier to see in Caucasians, with lighter skin, than with Asians.)

<https://www.amaskincare.com/smoking-and-your-lips/>

<https://www.dermnetnz.org/topics/smoking-and-its-effects-on-the-skin/>

It is straightforward to determine if a person is a heavy smoker by comparing the lower lip of the suspected smoker with the lower lip of a non-smoker. For example, one can compare the lips of smokers on television with their non-smoking colleagues.

Even for women who use lipstick, one can see a black color below the lipstick. When using lipstick with metal powder, the black color becomes conspicuous at the edges of the lips.

If you are exposed to passive smoking everyday, you can develop black lips about half as dark as those on a heavy smoker.

But if you quit smoking and quit being exposed to passive smoke, the lips will gradually return to their natural pink color. However, this can take several years.

If you find a person whose lips are black, ask him to stop smoking for a more healthy complexion and to show that you think carefully about his general health.

(Nat Rev Cancer,14:419,2014)

[https://www.nature.com/articles/nrc3725.epdf?no\\_publisher\\_access=1&r3\\_referer=nature](https://www.nature.com/articles/nrc3725.epdf?no_publisher_access=1&r3_referer=nature)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4958544/>

Also, please do not switch to heat-not-burn tobacco. According to an opinion in the National Review of Cancer, there is evidence that links nicotine to cancer in the lungs, head, neck, stomach, pancreas, gall bladder, liver, colon, mammary glands, cervix, bladder and kidney. (Nat Rev Cancer, 14: 419, 2014). In addition, nicotine may worsen cardiovascular disease. (Trends Cardiovasc Med. 2016 Aug; 26(6): 515–523).

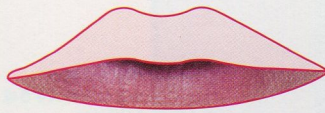
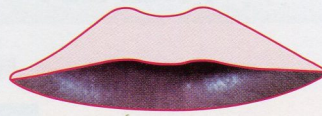
## ブラック・リップ

非喫煙者の下口唇（男性）

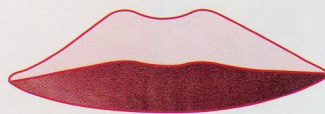
喫煙者の下口唇（男性）



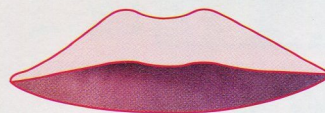
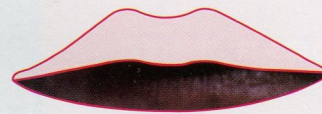
【30代】



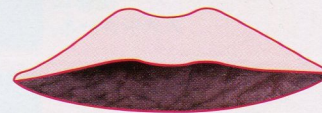
【40代】



【50代】



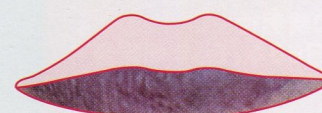
【60代】



【70代】



【80代】



口絵 1 喫煙者の口唇の色の変化

（提供：作田 学 氏）

喫煙者の口唇、特に下口唇は黒く変色することが知られている（ブラック・リップ）。これはニコチンによるメラノサイトの刺激、ニコチンによる血管収縮、その他、不明の因子が原因として推定されている。

禁煙すると2～3か月で内側から赤味が出てくるが、ある程度変色の進んだものは黒いままのこともある。また、重度の受動喫煙を受けていた場合も下口唇が黒く変色することもある。

ただし、アトピー性皮膚炎でも下口唇が黒くなることが知られている。

\*プライバシー保護のため、また比較しやすいように形を一定にトリミングし、下口唇のみの提示にした。

また、上記写真は各年代とも同一人物ではないため、下口唇の色、黒色変化には個人差がある。

From Nanzan dō "Smoking cessation study" 3rd edition