



Japan Society for Tobacco Control

日本禁煙学会

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## To people who smoke tobacco

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

Once you begin to smoke tobacco, it is very hard to quit. In my experience, few people can quit, and many people continue to smoke every day, month and year. Even though people understand that tobacco is bad for one's body, why is it so difficult to quit?

It is because tobacco, and the nicotine that it contains, is very addictive; it creates a stronger dependency than cannabis and stimulant drugs like amphetamines<sup>1)</sup>.

Depedence	mean	Pleasure	Psycologic al dependence	Physical dependence
Heroin	3	3	3	3
Cocaine	2.39	3	2.8	1.3
<b>Tobacco</b>	<b>2.21</b>	<b>2.3</b>	<b>2.6</b>	<b>1.8</b>
Barbiturate	2.01	2	2.2	1.8
Alcohol	1.93	2.3	1.9	1.6
Amphetamin e	1.67	2	1.9	1.1
Cannabis	1.51	1.9	1.7	0.8
LSD	1.23	2.2	1.1	0.3
Ecstasy	1.13	1.5	1.2	0.7

**Development of a rational scale to assess the harm of drugs of potential misuse**

*David Nutt, Leslie A King, William Saulsbury, Colin Blakemore* **Lancet 2007; 369: 1047–53**

Once smokers start to smoke, they can continue the habit for 10 years, 20 years or 50 years because the product that they use is designed to keep them addicted.

Not only is tobacco bad for one's body, it is bad for one's income. If you smoke a pack of cigarettes costing 500 yen each day for 50 years, the cost would be 9,130,000 yen. Furthermore, the government plans to raise the consumption tax, and thereafter the lifetime tobacco cost for daily smokers would exceed 10 million yen.

Now is the time to quit.

The most effective way to quit is to attend a smoking cessation outpatient clinic.

Without assistance, about 5% of people can quit tobacco smoking on their own. But about 30% of people can quit by attending a smoking cessation outpatient clinic, and over 50% of people who have attended the smoking cessation outpatient clinic run by medical professionals from the Japan Society for Tobacco Control have successfully quit smoking.

It is you who will decide whether to save 10 million yen and your health.

