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**MONOGRAPH
CONSEQUENCES OF THE CONSUMPTION OF TOBACCO: RATE OF MORTALITY
IN THE LAST DECADE**

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GRATITUDE

I want to thank my father and siblings for giving me all of their support during every step of this process and encouraging me to do the best that I can. Also, I would like to thank my teachers, especially Lcdo. Orlando Rodriguez for giving me their knowledge and the information necessary to develop this monographic work and my friends, for being there when I had doubts about the instructions to follow.

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SUMMARY

In this investigative work, of monographic character, it introduces us to the world of smoking in a nuanced and complete way. It explains the tobacco epistemologically, chemically and commercially.

The tobacco industry in the world is analyzed in a determined way, and also locally. This, together with a tour of its history, gives a panorama that completes scenarios. In this way, you can give indications to understand their integration in the global culture. Its production and its adhesion are analyzed in, above all, minors. There are also small footprints on the area of the tobacco industry, from the psychology of its advertising and how it is included in the population.

Then, in chapter two, you specify the different types of tobacco in the current market. It addresses its variants and its evolution, materialized in new tobacco products such as vapes. Giving it the same importance, the topic of cancer is addressed. This disease is historically and socially linked to the use of tobacco. Data will be given that contribute to the understanding of their relationship, and that at the same time contribute to demystify popular ideas about tobacco. In the same way, information that encourages a reflection on their prejudice in human and environmental health.

In the third and last chapter a series of interviews was conducted. These gave interesting qualitative data that give life to the quantitative data, exposed in previous chapters. Two interviews were conducted, character of testimony. Mario Martínez and Marcos Alonso are active tobacco users. They, despite being minors, have been involved in the consumo of this.

Thanks to the conversation, experiences were obtained that help us to understand, in a humanized way, how this world works. We delve into their history, understanding how they came to them, with what family and advertising influences they were brought up and what impact they have had on their lives, among other important questions.

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INTRODUCTION

In the next monographic work he interferes in the world of tobacco. The motivations of the research were varied and strong. We believed in a world where, every day in a more accelerated way, the new generations make an indiscriminate use of tobacco. In this way, it was intended to exemplify and quantify these perceptions. In the same sense, it was sought to demystify many lies that pollinate in the social imaginary of the population: Where are they born from? Why?

Thanks to the same motivations previously exposed, a focus was given to a group that is naturally vulnerable to these addictions: adolescents. These, due to a series of psychological factors- since their personality is in the formative stage and their feelings are intensified- and socio-cultural. And it is this vulnerability that makes them so submissive to the global tobacco industry, and within this their persuasive advertising and their interventions in the interactions of young people.

Likewise, a great intention of work was to humanize the hard data. That is, it was understood that statistics, history, and clinical repercussions are important. But, also a great failure was perceived to humanize these data, to make them more alive. After testimonies, full of life, one can come to understand completely, from various sociological perspectives, what tobacco is and may become in the life of the young population.

CHAPTER I

Tobacco

In this chapter I will talk about the most important things you as a listener should know about Tobacco. I am going to talk about the tobacco industry in the world, the way it is made, how the process and the toxic components that it has is.

1. What is tobacco?

Tobacco is the product that comes out from the tobacco plant when this one is dried. These plants come from two types of plants which are the genus nicotiana and of the solanaceae. The tobacco is popular because it contains nicotine which is a highly addictive drug and it is one of the 4000 different chemicals that are added to tobacco to make even more addictive, 2000 of these chemicals are known to be poisonous. For all of these reasons tobacco is consider being a drug because it changes our body in some way like it raises our blood pressure and makes our heart beat faster.

The tobacco is most commonly smoked in cigarettes and cigars but there is also another exotic ways to smoke it like in pipes, bidis, kreteks and even in hookahs, there are also no smoking ways to consume tobacco like chewing tobacco and by way called snuff which you inhale the tobacco from the nose.

1.1 The tobacco industry

The tobacco is so popular among society that despite all of its effects it has created a worldwide multi-billion dollar company. The tobacco industry refers to everything involve with

it from the growing of the leaf to the manufacturing of cigarettes, cigars, chewing tobacco, snuff and pipe tobacco.

There are six companies that lead the world tobacco business from of which the number one company is China National Tobacco Co. with 44 percent of the global market share and Philip Morris International Inc. taking the second place with only 12 percent and a profit of 16.0 billion dollars and 7.5 billion dollars respectively.

Evidently China is the biggest producer and consumer of tobacco in the world, the tobacco industry in china has the 98 percent of the domestic market and account for the 7 percent of the state revenue each year. It runs more than 160 cigarettes brand and has 100 factories spread around the country, CNTC (China National Tobacco Co.) manufactured more than 2.5 trillion cigarettes back in 2013, this company is little known outside china and that is why it sells almost all their cigarettes inside the country where it does not have competition, now imagine all the people all the illness that all those cigarettes cause.

Philip Morris International Inc. (PMI) is an international tobacco industry which operates in more than 200 countries. Philip Morris is the most popular cigarette in the world. PMI sued Uruguay on 19 February 2010 because Uruguay is anti-smoking campaign devalued its cigarettes and investment in the country demanding for compensation under the bilateral investment treaty between Switzerland PMI is headquarter and Uruguay. The disputes were settled before the International Centre for Settlement of Investment Disputes (ICSID) and after 6 years on July 9, 2016 the ICSID ruled in favor of Uruguay and ordered that PMI to pay 7 million dollars in addition of all the expenses of the tribunal.

1.1.1 Production of tobacco

In the world more than 6.7 million tons are produced every year. The number one obviously as a talk earlier is china with around 200 million households where tobacco is cultivated in 2.1 million hectares of land, from this the STMA contributes with 12 percent to the nation's national income.

The second one is Brazil despite its importance to the Brazilian economy the land use for the growth of it has never exceeded 1 percent of the country's total cultivated area. Cultivation of tobacco is done mainly in two areas of Brazil which are the Northeast and the southern states, each region cultivates different types of tobacco. In the southern States Flue Cured Virginia (FCV) and burley crops are grown on small farms of up to 16 hectares and there is around 200,000 farms in these regions. In the northeast dark air-cured tobacco is grown to produce higher quality cigarettes, cigars and dark cigarette tobacco.

The third one is India that has a large integrated tobacco industry, they cultivate a large variety of tobacco plants around the country. The 65 percent of India's tobacco production comes from Andhra Pradesh, 34 percent from Gujarat and 11 percent from Karnataka. India has 96,865 registered tobacco farmers but it also has farmers that are not registered. There are around 3,120 tobacco manufacturing facilities in all of India. It is estimated that 0.25 percent of the country's land is used for the growth of tobacco.

In 2000-2001, the contribution of tobacco to the Indian economy was to the extent of Rs 81,820 million, which accounted for about 12% of the total excise collections. Foreign exchange

earnings during the same period were Rs 9030 million, accounting for 4% of India's total agricultural exports. (Reddy & Gupta, 2004)

1.2. History of tobacco

It is believed that tobacco was discovered in North and South America, and it began growing about 6,000 B.C. Indians began using tobacco as a medicinal plant that acted as a painkiller for toothache and earache; they even used it as a poultice, they also used it with religious purposes and to seal agreements.

By the time that the Europeans arrived, American tribes carried dried tobacco leaf in pouches as a readily accepted trade item that is why Columbus was offered some from some Indians that he crossed paths with. Then the Europeans took tobacco and introduced it in Europe where they grew it everywhere. Tobacco became one of the more important products fueling colonization.

The reason for tobacco's popularity in Europe was due to its medical properties. It was believed that tobacco could heal virtually everything at the time. Nicola Monardes was the name of the Spanish doctor that wrote a book about the medicinal plants in the occident claiming that tobacco could cure 36 health issues. A man called Thomas Harriet said that smoking tobacco is a good way to get a daily dosage, he died from cancer.

By the 1600's tobacco sometimes was used as gold. In this era some people started realizing the effects of tobacco noticing that it is really difficult to quit.

By the 1700's the oldest tobacco company in U.S. it is called P. Lorillard and was established in 1760. Tobacco helped finance The American Revolutionary War by being collateral for loan borrowed to France.

By the 1800's scientists discovered nicotine with in tobacco and soon come to realize that is a toxic chemical that served as an insecticide and can kill a man. In 1847 Phillip Morris is established selling hand rolled tobacco. Cigarettes in the U.S. were mainly made from leftovers from another tobacco related products.

In the 1900's the cigarette became the number one tobacco product. In the 80's and 90's tobacco was heavily market outside the U.S. exploiting the fact that nicotine is addictive.

CHAPTER II

Cigarettes and different tobacco products

There are different ways people can use tobacco; they can smoke, chew, or even sniff tobacco. Besides, smoked tobacco products could be cigarettes, cigars, bidis and kreteks.

Around the world, tobacco use is responsible for nearly 6 million deaths per year, and a recent study suggests that tobacco use is going to be responsible for more than 8 million deaths by the year 2030. In particular, cigarette smoking causes more than 480,000 deaths in a single year only in the United States; and in that statistic are included more than 41000 deaths that is resulted from secondhand smoke exposure.

Statistically speaking, this represents about one in five deaths along a year, or 1300 of the deaths happening every day.

On average, it is known that every day smokers die at least 10 years earlier than nonsmokers. In addition, the current rate of smoking in the United States youth is alarming; and it's increasing every day. That would mean that if smoking continues at this current rate about one out of 3 Americans that currently have 17 years are expected to die prematurely, mainly from a smoking-related illness. This would actually represent 5.6 million of Americans that are younger than 18 years at this moment who are alive today.

Moreover, every day there are at least 3200 people before the age of 18 that smoke a cigarette for the first time in their life; and approximately 2100 youth and young adults who smoke occasionally become everyday smokers.

On the other side, cigar smokers don't smoke cigars regularly or on a daily basis, and that is the reason why they are frequently exposed to less of the carcinogens that are present in cigars than cigarette smokers are to the toxins included in cigarettes. Moreover, that is the reason why there are less cases of cigar smoking-related diseases and death, instead of the cases we see regularly with the people that uses cigarettes.

Following we have the bidis and the kreteks; the bidis are small, thin, hand-rolled cigarettes made primarily in India but then imported to the United States and the kreteks are primarily made from Indonesia, but are a mixture of tobacco, cloves and other additives, and therefore are also called "clove cigarettes". Both of these products have an extremely high concentration of carbon monoxide (CO), tar and nicotine; higher than the normal cigarettes that are made and sold in the US.

Bidis contain three to five times the amount of nicotine as the regular cigarettes, and by using this, users are at a high risk of getting addicted to this product and to nicotine in general.

On the other hand, Kreteks increase 13 to 20 times the risk for abnormal lung function compared to the actual nonsmokers.

2.1. Consequences of smoking tobacco.

There are a lot of consequences than come with the use of tobacco, it affects the brain, increases the risk of heart diseases which can easily lead to a stroke or to a heart attack; can also lead to bronchitis, emphysema, and the worst of all, lung cancer.

In addition to all of this, pregnant women who smoke cigarettes on a daily basis have an increased risk of stillborn and premature infants, besides that it is also associated with learning and/or behavioral problems. Also, people who stand or sit closely to someone that is actually smoking can suffer secondary consequences due to the fact that they are exposed to secondhand smoke, coming directly from the burning end of the cigarette (or tobacco product in general) or exhaled by the person who is actually smoking it. It can also lead to lung cancer and heart diseases.

2.1.1 Lung Cancer.

Cigarette smoking is the number one risk factor for lung cancer, as simple as it is. Just in the United States, cigarette smoking is linked to 80% to 90% of lung cancers, and in South America, 75% of daily smokers suffer some kind of smoking-related disease.

Besides, people who actually smoke cigarettes have a higher chance to die from lung cancer than people who do not smoke; 15 to 30 times more likely to be precise. Nevertheless, people who quit smoking have a lower risk of lung cancer than if they had continued to smoke, but that does not mean that the risk is already gone, it is just lower. Unfortunately, their risk is still higher than the risk for people who have never smoked, which is obviously at some point.

However, cigarette smoking not only causes lung cancer, it can cause cancer almost anywhere in the human body; that means in the mouth and in the throat, maybe in the stomach or in the esophagus, might be in the colon, in the rectum, in the liver, pancreas, and so many other areas of the body that can suffer just by smoking “a few times a day”.

If we exclude skin cancer, lung cancer is actually the second most common cancer in both men and women, since the most common one is breast cancer. Nevertheless, if we take out women, lung cancer is the most common cancer worldwide, meaning that for men nearly 17% of the total number of new cases regarding cancer are from lung cancer. If we include women into this percentage, then the number of lung cancer accounts for roughly a 14% of all the new cases regarding cancer. That means that most of the women have more control than men regarding their smoking habits; and, as mentioned before, the chance that a man will develop lung cancer in his lifetime is roughly about 1 in 13, whereas in a woman it is going to be 1 in 16.

An interesting fact might be that in reality, about two out of three people that are currently diagnosed with lung cancer, are 65 years old or older; that means that one out of three people that are diagnosed with lung cancer are below the age of 65. Nevertheless, fewer than 2% of all cases involve people that are younger than 45, that means than more than 98% of people diagnosed with lung cancer are between the ages of 45 and older.

CHAPTER III: Interview

3.1. Analysis of the interview

Because of the research, an interview was made to two people, Mario Martínez, and Marcos Alonso, a student currently in university and in high school, respectively. The interview to Mario started by asking the interviewed basic stuff like name, age, place of birth, etc.

As the interview continued, we asked Mario if he knew about tobacco or any related products and he said he did. After asking if he had smoke before and what had he smoke before he answered by saying that he smoked while he was in his last year of high school but stopped doing it in university, since he realized it was bad for him. He also said that he only smoked cigarettes and never tried another tobacco product before.

By analyzing his answers, we can see that he started smoking regularly as soon as he had 18 years old, but he actually tried it before becoming 18 with some his friends. This is the story that probably many people can relate to since they might have experienced the same story or maybe, even younger. We can also state that he used to smoke 20 cigarettes in a week, which is an average of 2.86 cigarettes a day and an average of 960 cigarettes in a year. Unlike many others, he said that he stopped smoking regularly when he entered to the university, where he smokes roughly once a week. Obviously, he can see the difference between smoking once a week and smoking 20 cigarettes a week, which had a great impact in his medical condition. During the time he smoked 20 cigarettes a week, he felt more tired, he had less endurance, and had a lot of accumulated fatigue; but as soon as he stopped smoking a changed his routine, he is less tired, he can sleep better and has a great physical endurance.

He says that one of the main reasons that made him stop smoking was the fact that he didn't like smoking for relaxing or to take stress out, he did it because it was somebody that was normal

while he was in high school and then it became a habit. However, he says that to stop smoking you need to be brave and be very determined, since leaving something you are addicted to and that you do it every day is really hard at the beginning, but once you stop doing it is easier to control yourself since you don't feel the need to continue smoking.

The interview to Marcos went a little bit different, since he still in high school and is still smoking regularly, but not on a daily basis as Mario did. Since Marcos is 18 years old, he is old enough to buy his own cigarettes too, but the difference between Mario and Marcos is where they get the money from. Mario took the money to buy cigarettes from the works and papers he made at high school, or by doing chores in the neighborhood, etc. Marcos on the other hand took that money from the money his parents gave them for the week, which means he obviously does not have a lot of money to spend on cigarettes and that might be the reason why he does not smoke on a daily basis.

When we asked Marcos the reason why he smoked he said that it all started one day he went to party with a group of friends, he was taking some fresh air outside the house but he remembers it was cold, so one friend looked at him and said to smoke a little bit because it was going to get warmer, so Marcos agreed and did it for the first time. Since he liked the way that made him feel, he kept on smoking at least until the day of the interview.

Marcos also stated that he smokes roughly, 5 cigarettes each week, maybe less but never more, since he feels guilty if he smokes more than five. And that is because he only smokes when he goes out to parties, which can be assumed is on Friday or Saturday.

Moreover, when we asked the two of them about the consequences of smoking and if they were aware of them both said yes and agreed that it is harmful to smoke in a regular basis but said it is not as easy to leave it as people think. They also said that they knew about the diseases smoking could bring but they are not worrying about that when they are smoking, although it makes them a little bit guilty sometimes and that is a reason to leave it for a while.

To conclude the analysis of the interview, both of the interviewees smoke for the first time before 18 but started to smoke on a regular basis at the age of 18. Both of the interviewees told their parents about them smoking and both knew about the risks and the consequences of smoking. That means the only difference between the two of them is the fact that Mario used to smoke 20 cigarettes a week during high school and Marcos smokes 5, which is a clear difference between one and the other.

CONCLUSIONS

At the end of this monographic work it is concluded that: The author of this essay wants to conclude by saying that the consumption of tobacco is harmful to health because of all the chemicals it contains, for all the illnesses that this addiction gives. thanks to everything we read we can realize what we are really consuming, the author hopes that knowledge about this product is made so nosy for health

RECOMMENDATIONS

At the end of this work it is recommended that: to finalize the author wants to recommend not consuming this product because by all the studies we can see how people create addictions and develop diseases that mostly have no cure and eventually cause the death of the consumer. all this goes for the welfare of the people, wants to make known what causes this addiction.

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