

# THE USE AND INCIDENCE OF TOBACCO AT STUDENTS OF UNIVERSITY OF SPORT

*Msc. Suela Xhufi*

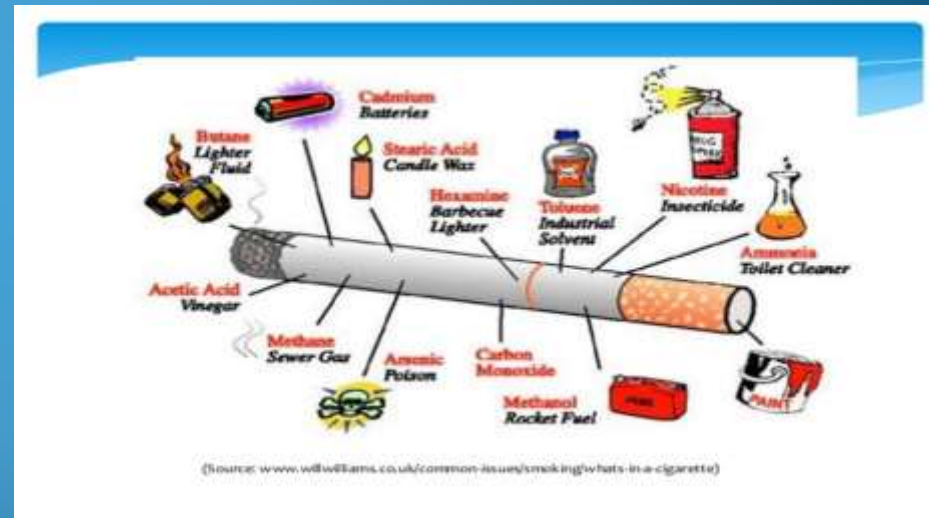


Cigarettes use to take the first place in the world comparing to other drug use. One cigarette has 9000 ingredients, in which 70 of them are carcinogen. Nicotine is one of the most psychoactive ingredient which usage is associated with dependence. Regarding recently studies the use of cigarette cause loss of appetite, pulmonary disease, cancer of phages, pulmonic, mouth etc.

## Results and discussions

Like all drugs, nicotine gives the increase of dopamine in nucleus accumbency during the first 10 sec of first puff. Nicotine replace and decrease the production of nicotinic acetylcholine receptors, as a result it takes a very important role in replacing neurotransmitter and neuronal impulses. Regarding recently studies the use of cigarette cause loss of appetite, pulmonary disease, cancer of esophagus, mouth etc. Regarding the results of the questionnaire we say the increase of tobacco smoking, the early age of first puff, and there are no more differences between genders.

This publication is a summary of questions on a Google questioner platform taken from students of UST issues and scientific aspects related to the current state of knowledge of effect of cigarettes on health, how affect cells, clinical aspects. All the data collected are based on 20 questions that students responded in anonymous questionnaire. The literature references of this study have been selected among those reported during the last 10 years from reliable and reputable sources and publications in scientific journals.



## Conclusions

However the result of this study has shown that the number of smokers is increased. Now the age of a first puff of a cigarette is lower, we have smokers with many years of experience Man and women have the same incidence in use, regarding years ago. We may see a lower in physical performance, when the patients use more than 20 cigarettes per day. There is a correlation between genetic and family habits of use