

## ***Tobacco Smoking: Basic Facts and Social Correlations***



KRÁLÍKOVÁ, E.<sup>1,2</sup>, ŠTĚPÁNKOVÁ, L.<sup>1,2</sup>

<sup>1</sup> Institute of Hygiene and Epidemiology, First Faculty of Medicine, Charles University in Prague and General University Hospital in Prague

<sup>2</sup> Centre for Treatment of Tobacco Dependence of the 3<sup>rd</sup> Medical Department, Department of Endocrinology and Metabolism, First Faculty of Medicine, Charles University in Prague and General University Hospital in Prague, Czech Republic

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**SUMMARY:** *The terms ‘smoking’ and ‘tobacco/nicotine dependence’ are often confused. Smoking is a type of behaviour which can take various forms. Nicotine is a highly addictive drug. Nicotine dependence is a disease present in the majority of smokers (diagnosis F17). While the high level of addictiveness of nicotine tends to be underestimated, often unnecessary concerns about its health impacts are common. Not only the general public but also experts are mostly unaware of the wide range of diseases caused by tobacco use that pertain to all parts of the body. It is the most common drug addiction, causing almost one fifth of all deaths in the country. The World Health Organisation has adopted the first legally binding document in its history – the Framework Convention on Tobacco Control. It summarises the basic steps of tobacco control: legislative and tax measures, protection of non-smokers, increasing awareness of the effects of smoking, and the availability of treatment for this dependence within the health system. According to both Czech and international guidelines, every physician should provide a brief intervention, and intensive therapy should be available for those who need it.*

**KEY WORDS:** SMOKING – TOBACCO DEPENDENCE – NICOTINE – TREATMENT

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**Address for correspondence:** Eva Králíková, MD, Ph.D. / [eva.kralikova@lf1.cuni.cz](mailto:eva.kralikova@lf1.cuni.cz) / Institute of Hygiene and Epidemiology, First Faculty of Medicine, Charles University in Prague and General University Hospital in Prague, Studničkova 7, 128 00 Prague 2, Czech Republic