

# Smoking may be good for you.

Experience shows me that often a senior person who smokes has better brain function.

In this abstract it is noted that:

- *“smoking is associated with a lower incidence of Parkinson's disease ”*
- *“Nicotine also has a neuroprotective action.”*

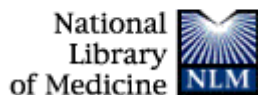
Smoking through a filter is safer than breathing in the smoke that has not gone through the filter. Smoke it and put it out, do not smolder it in the ashtray. Do not inhale the smoke unless it goes through a filter.

Protect people around you and smoke alone or in a well ventilated place, not in a car with others present or with pets or children.

## Wikipedia: Smoking bans in private vehicles

[https://en.wikipedia.org/wiki/Smoking\\_bans\\_in\\_private\\_vehicles](https://en.wikipedia.org/wiki/Smoking_bans_in_private_vehicles)

This is good information: Do not smoke in cars.



Trends Neurosci. 2004 Sep;27(9):561-8.

## Smoking, nicotine and Parkinson's disease.

Author: Quik M1.

### Abstract

Epidemiological studies show that smoking is associated with a lower incidence of Parkinson's disease (PD). This finding is important because it could provide clues about therapeutic strategies for protection against this debilitating movement disorder. Smoke contains numerous chemicals that could be responsible for the apparent protective effect. Here, a role for nicotine is considered, because this chemical stimulates brain dopaminergic systems and provides some symptomatic benefit in PD. Nicotine also has a neuroprotective action. Putative factors and signaling pathways involved in the actions of nicotine are discussed. An understanding of the molecular basis for the reduced occurrence of PD in tobacco users is crucial for the development of intervention strategies to reduce or halt disease progression.

PMID: 15331239 [PubMed - indexed for MEDLINE]

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- *“The repeated finding of an apparent protective effect of cigarette smoking on the risk of Parkinson's disease”*
- *“Nicotine is a natural alkaloid that has considerable stimulatory effects on the central nervous system (CNS).”*



J Neural Transm. 1997;104(10):1113-23.

## **Striatal increase of neurotrophic factors as a mechanism of nicotine protection in experimental parkinsonism.**

Maggio R1, Riva M, Vaglini F, Fornai F, Racagni G, Corsini GU.

### **Abstract**

The repeated finding of an apparent protective effect of cigarette smoking on the risk of Parkinson's disease is one of the few consistent results in the epidemiology of this disorder. Among the innumerable substances that originate from tobacco smoke, nicotine is by far the most widely studied, and the most likely candidate for a protective effect against neuronal degeneration in Parkinson's disease. Nicotine is a natural alkaloid that has considerable stimulatory effects on the central nervous system (CNS). Its effects on the CNS are mediated by the activation of neuronal heteromeric acetylcholine-gated ion channel receptors (nAChR, also termed nicotinic acetylcholine receptors). In the present study, we describe the neuroprotective effects of (-)-nicotine in two animal models of parkinsonism: the diethyldithiocarbamate (DDC)-induced enhancement of 1-methyl-4-phenyl-1,2,3,6-tetrahydropyridine (MPTP) toxicity in mice, and the methamphetamine-induced neurotoxicity in rats and mice. In parallel experiments, we found that (-)-nicotine induces the basic fibroblast growth factor (FGF-2) and the brain-derived neurotrophic factor (BDNF) in rat striatum. As FGF-2 and BDNF have been reported to be neuroprotective for dopaminergic cells, our data indicate that the increase in neurotrophic factors is a possible mechanism by which (-)-nicotine protects from experimental parkinsonisms. Moreover, they suggest that nAChR agonists could be of potential benefit in the progression of Parkinson's disease.

PMID: 9503263 [PubMed - indexed for MEDLINE]