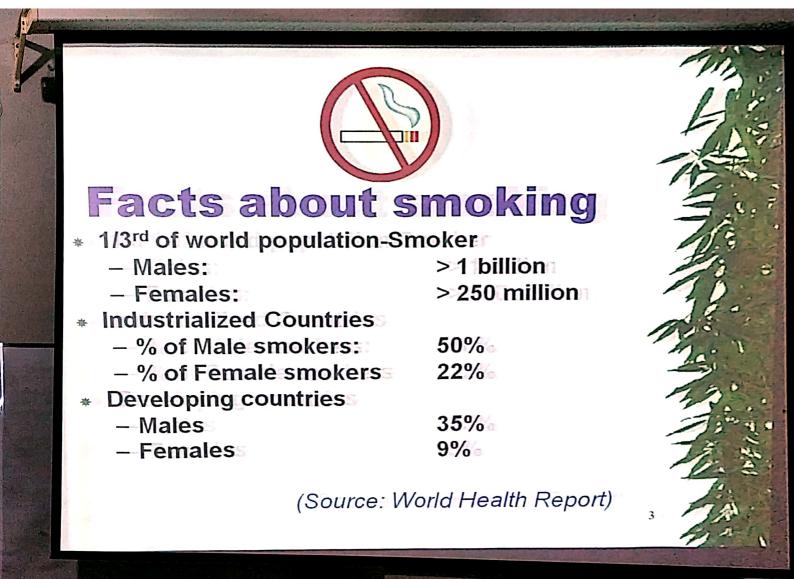
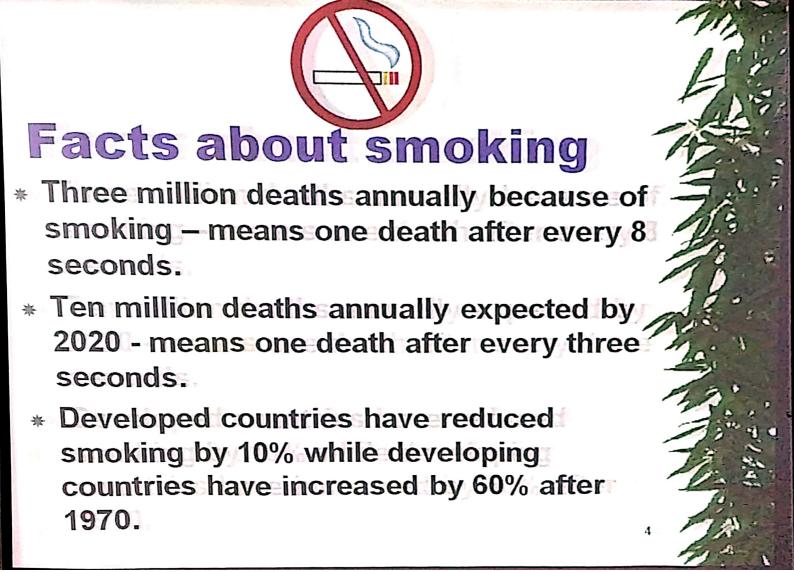
Learning Objectives

By the end of this session, students should be able to:

- Enlist types and causes of tobacco smoking
- Describe composition of tobacco
- 3. Elaborate health hazards of tobacco smoking
- 4. Discuss effects of second hand smoking
- Describe measures for prevention of smoking in the community
- 6. Illustrate hope of life for quitters



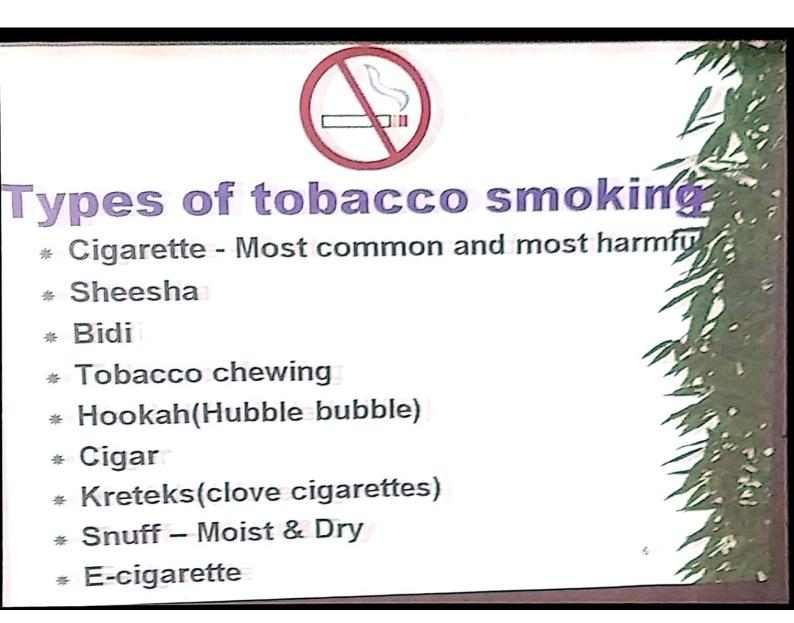






- * Current Smokers Approximately 15%
- Pakistan is among 8 countries in which smoking trend will rise in next 20 years.
- * Pakistan will be leading in the race of tobacco sale in EMRO region in next 20 years.







Causes of smoking

Usually the adolescents (mostly of 10-15 yrs) indulge in smoking as a result of

- curiosity,
- adventurism,
- rebelliousness and adulthood,
- a manly and masculine act that will lead them to happiness, fitness, wealth, power and sexual success.
- Attractive advertisements influence the immature and unstable minds.

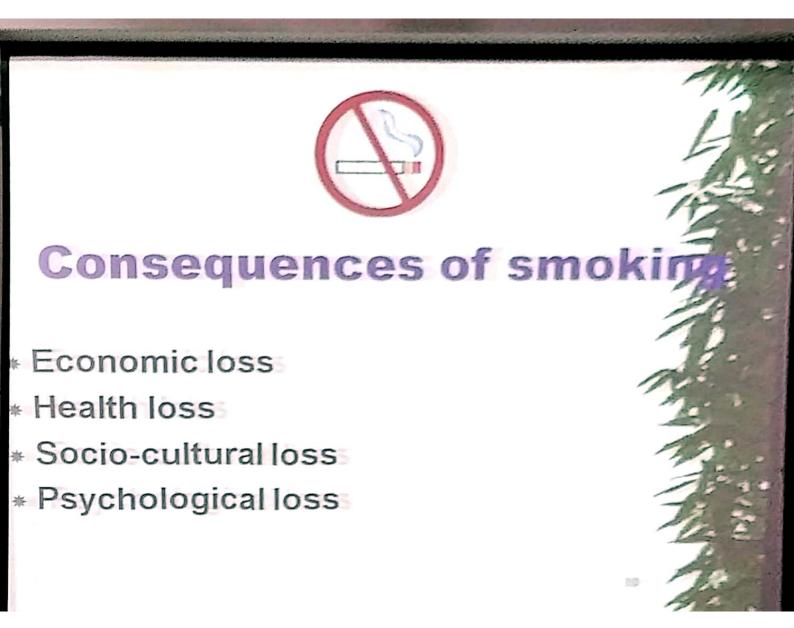


Composition of tobacco

- About 4000 toxic substances are present in tobacco
- * Most important and dangerous constituents:
 - Nicotine
 - Carbon Monoxide
 - Tar



- Smokers have to maintain a level of nicotine in the blood for normal working.
- Smokers have to smoke to avoid the discomfort experienced while not smoking.





Smoking and Diseases

- * An important causative/risk factor for various diseases.
- About 25 diseases caused/aggravated by smoking. e.g.
 - Lung cancer: 80-90% deaths due to smoking.
 Incidence 10 times more than non-smokers.
 - Chronic bronchitis
 - Emphysema: 80-95%
 - Ischaemic heart disease: 20-30% deaths.
 Risk is twice than non-smokers
 - Obstructive peripheral vascular disease

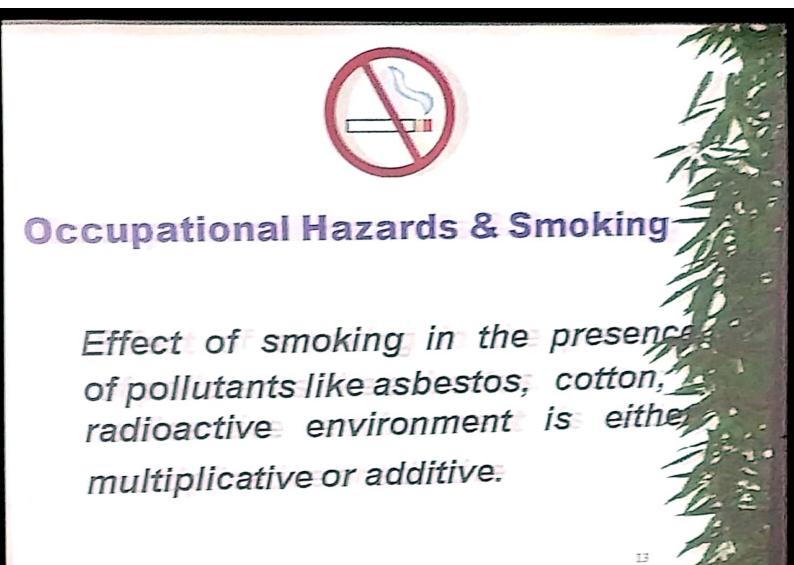
1



Smoking and diseases

- Cerebrovascular disease
- Cancer of tongue, oesophagus, larynx & pancreas, Gastro-duodenal ulcers
- Cancer of the cervix and endometrium
- Cancer of the urinary bladder
- * Still births, abortions
- * Neonatal deaths
- * Fracture of hip, wrist and vertebrae







Effects of Second Hand' (Passive) Smoking(SHS)

Children

- Sudden infant death
- Respiratory distress
- Otitis media

Adults

- Leads to discomfort, distress to asthmatics
- Nicotine is detected in blood and urine of passive smokers.
- Passive smoking by adults may lead to Cacervix, CA lung, and coronary heart disease.



Treatment

Drugs

- Nicotine replacement therapy
 - * Patches
 - * Gums
 - * Nasal sprays
 - * Inhalers
 - E-cigarettes
- Hypnotics
- Group therapy





Real Treatment is by

- * Motivation
- * Commitment
- * Determination and
- * Effort and support in the struggle to quit smoking.



Real Treatment is by

- * Motivation
- * Commitment
- * Determination and
- Effort and support in the struggle to quit smoking.

MPOWER

To expand the fight against tobacco epidemic WHO has introduced MPOWER package of 6 policies:

- M- Monitor tobacco use and prevention policies
- P-Protect people from tobacco smoke
- O-Offer help to quit tobacco use
- W-Warn about dangers of tobacco
- E-Enforce bans on tobacco advertising, promotion sponsorship
- R-Raise taxes on tobacco

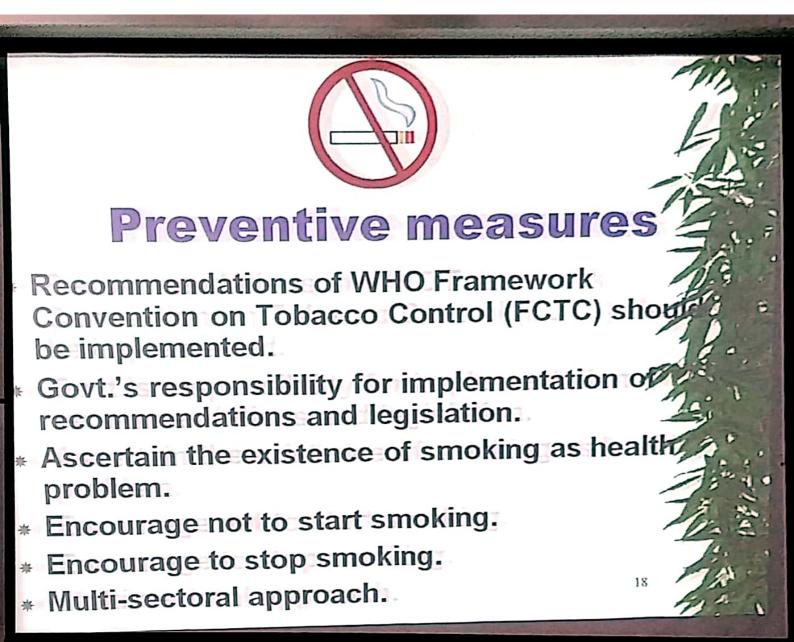




Preventive measures

Recommendations of WHO Framework
Convention on Tobacco Control (FCTC) show
be implemented.

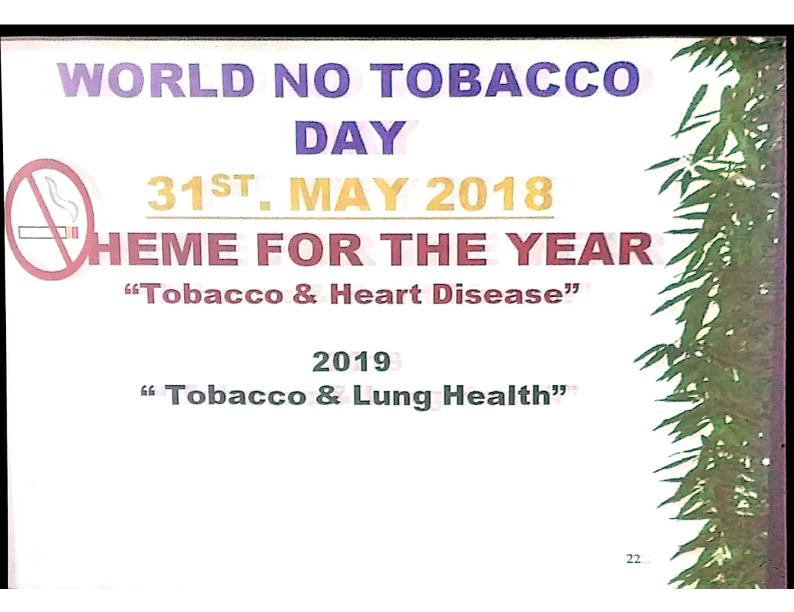
- Govt.'s responsibility for implementation of recommendations and legislation.
- Ascertain the existence of smoking as health problem.
- Encourage not to start smoking.
- Encourage to stop smoking.
- Multi-sectoral approach.





Tobacco Free Initiative (TFI) of WHO Bans on direct and indirect tobacco advertising Tobacco tax and price increases Smoke-free environments in all public and workple Large clear graphic health messages on tobacco packaging

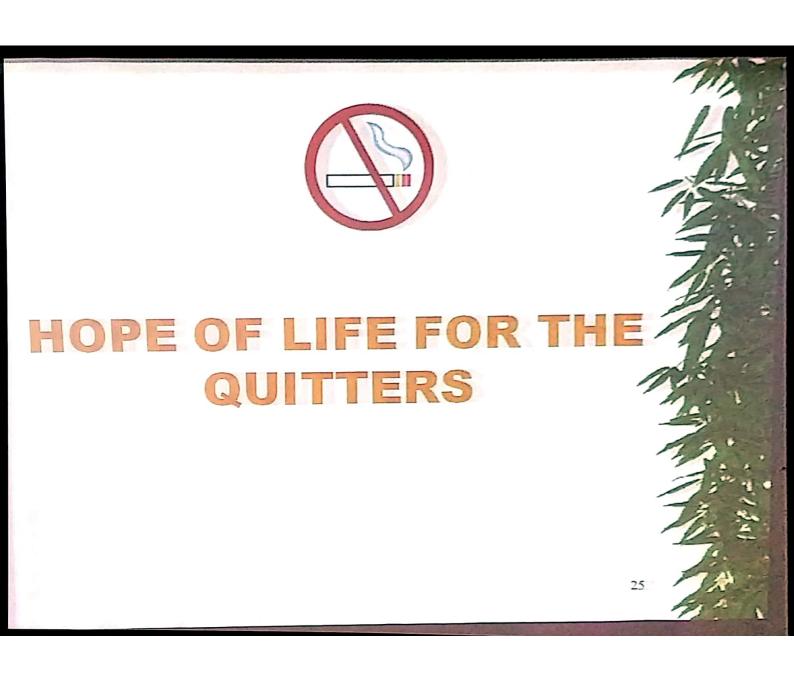
21



Obligations for the Framework Convention on Tobacco Control

- Protect public health policies from commercial and other vested interests of the tobacco industry.
- Adopt price and tax measures to reduce the demand for tobacco.
- Protect people from exposure to tobacco smoke.
- Regulate the contents of tobacco products.
- Regulate tobacco product disclosures.
- Regulate the packaging and labeling of tobacco products.







Just 20 minutes after the smokers have smoked the last cigarette, their body begins an ongoing series of beneficial changes.

* After 20 minutes:

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Temperature of hands becomes normal.

* After 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal.



After 24 hours:

- Chance of heart attack decreases
- After 48 hours:
 - Nerve endings start growing.
 - Ability to smell and taste is enhanced.
 - Walking becomes easier.
- After 2 weeks -3 months:
 - Circulation improves.
 - Lung function increases up to 30%.





After 24 hours:

- Chance of heart attack decreases
- After 48 hours:
 - Nerve endings start growing.
 - Ability to smell and taste is enhanced.
 - Walking becomes easier.
- * After 2 weeks -3 months:
 - Circulation improves.
 - Lung function increases up to 30%.





- * After 1-9 months:
 - Coughing, sneezing, congestion, fatigue, shortness of breath decrease.
 - Cilia re-grow in the lungs, increasing ability to handle mucous, clean the lungs and to reduce infection.
- * 1 year:
 - Risk of coronary heart disease is half that of a smoker.
- * 5 years after:
 - Stroke risk is reduced to that of a nonsmoker.



* After 10 years:

The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

* After 15 years:

The risk of coronary heart disease is that of a nonsmoker's.

(Source: American Cancer society)

