Types of tobacco smoking

- Cigarette - Most common and most harmful
- Sheesha
- Bidi
- Tobacco chewing
- Hookah (Hubble bubble)
- Cigar
- Kreteks (clove cigarettes)
- Snuff – Moist & Dry
- E-cigarette
Study of smoking in RMC students (2001)

- Total No. of students: 182
  - Male: 68
  - Females: 114
- Smokers:
  - Males: 18%
  - Females: 7%
Tobacco & Health

• Three million deaths annually because of smoking – means one death after every 8 seconds.

• Ten million deaths annually expected by 2020 - means one death after every three seconds.

• Developed countries have reduced smoking by 10% while developing countries have increased by 60% after 1970. (Ilyas Ansari)
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
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
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 Ca-cervix, CA lung, and coronary heart disease.
Preventive measures

- Recommendations of WHO Framework Convention on Tobacco Control (FCTC) should 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.
Preventive measures

• Anti-smoking health education to general public but special emphasis to focus on children and to the occupational groups.

• Highlighting the positive effects of NOT smoking and QUITING smoking.

• Awareness for the rights of non-smokers.

• Legislative action
Control Measures for Tobacco

- Tobacco Free Home Campaign
- Pakistan Anti-Tobacco Alliance (PATC) is currently co-ordinating different anti-tobacco activities.
- Mass media should use their communication skills to deliver the message:

  “QUIT TOBACCO & CHOOSE HEALTH”
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 workplaces
Large clear graphic health messages on tobacco packaging
WORLD NO TOBACCO DAY
31st. MAY 2013
THEME FOR THE YEAR
BAN TOBACCO ADVERTISING, PROMOTION AND SPONSORSHIP