

TOBACCO OR HEALTH? THE CHOICE IS YOURS!



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Smoking Tobacco Cigarettes- Cigars- Shisha- Bldi

- Tobacco use is dangerous and addictive.
- One shisha contains tobacco equivalent to 20 cigarettes.
- Smoking increases the risk of many types of cancer.
- Every cigarette brings you 11 minutes closer to death.
- Smoking increases the risk of stroke and heart attack, exacerbates asthma and produces chronic cough.
- Over 90% of lung cancers are caused by smoking.
- Your health is also affected by people smoking around you.
- Encourage people around you to quit smoking!

Smokeless Tobacco Niswar- Chewable Tobacco

- It damages gums and mouth beyond repair.
- Grey-white sores start appearing on the inner cheek and tongue.
- Nearly 90% of all oral cancers start from these sores.
- The longer you keep tobacco in your mouth, the greater your chances of getting oral cancer.
- The amount of nicotine absorbed from smokeless tobacco is 3 to 4 times the amount delivered by a cigarette.

Paan and Chalia Sweet Chalia - Supari - Gutka- Paan Masala

Have you ever come across someone who survives solely on liquid food? For Amir, a scrap iron dealer, eating his favourite food like samosas is now a thing of the past. The size of his mouth has shrunk so badly due to stiffness of its muscles that he can't afford to have anything but liquid items. The condition has also rendered him speechless, and he can hardly speak a word in clarity. Amir suffers from "Submucous Fibrosis", a condition affecting the layers of his oral cavity. This disease is spreading like a silent fire, pushing many into the jaws of death. The cause? The small glossy sachet of paan masala or gutka (with chewing tobacco as the main ingredient).



Gutka is chalia mixed with tobacco. Some paan masalas also contain tobacco. Gutka and paan masala are both addictive.

Chalia can cause choking in small children. Chewable tobacco can lead to tightening of the jaw which eventually progresses to oral cancer. The time taken by gutka is just half the time taken by cigarette to cause cancer.

The Smoker's Body

- 1) Hair loss
- 2) Cataracts
- 3) Wrinkling
- 4) Hearing loss
- 5) Skin cancer
- 6) Tooth decay
- 7) Emphysema
- 8) Osteoporosis
- 9) Heart disease
- 10) Stomach ulcers
- 11) Discoloured fingers
- 12) Uterine cancer and miscarriage
- 13) Deformed sperm
- 14) Psoriasis
- 15) Buerger's disease
- 16) Cancers of various organs



Harmful Effects of Passive Smoking

Breathing the smoke from other people's cigarettes is called "passive smoking". It consists of smoke from the burning end of the cigarette called "side-stream" smoke - and smoke exhaled by the smoker "mainstream" smoke. People in Pakistan are not aware of the harm caused by passive smoking. Tobacco smoke is a major contributor to the indoor air-pollution in Pakistan. The US Environmental Protection Agency has declared passive smoking or exposure to environmental tobacco smoke (ETS) as a "class A carcinogen" (capable of producing cancer). In Pakistan majority of people think that smoking can only cause harm to the individual who smokes. The fact remains that the hazards of smoking are not just confined to smokers, but those who work or live with a smoker are also at increased risk of various diseases caused by tobacco. In Pakistan, every day, 70% of our children get exposed to the toxins of ETS. Passive smoking causes the following harmful effects on human health:

Adults:

- Irritation to the eyes, nose and throat.

- Headache, dizziness and sickness.
- Precipitation of asthma attacks.
- Increased risk of angina and heart attacks.
- Up to 30% increased risk of lung cancer for non-smokers who are exposed to passive smoke.



Children

- Increased risk of respiratory infection including pneumonia.
- Chronic cough and phlegm.
- Increased risk of asthma.
- Glue ear (chronic middle ear effusion).
- Growth retardation and reduction in lung function.

How Serious Am the Risks of Tobacco Use?

Tobacco use is the single largest preventable cause of death in the world today. According to World Health Organization (WHO) 5 million people died in 2003 as a direct consequence of smoking. If the current smoking trend continues, this death toll will rise to 10 million by 2025 and 7 million of these deaths will be in developing countries.

About half of all regular smokers will be killed by their smoking habit. Average loss of life in a smoker is about 8 to 10 years. For those who die in middle age, it is as much as 30 years. Those who smoke 20 cig/day are 25 times more likely to die of lung cancer than non-smokers.

Many smokers are totally unaware of the serious risk they are taking with their lives by smoking. Following are some of the risks they take while using tobacco.

Smoking and Cancer

Cancers of the mouth, throat, lungs and oesophagus (food pipe) occur 10 times more frequently in smokers than nonsmokers. Tobacco smoke has also proven to increase the risk of developing bladder, pancreatic, cervical and breast cancers. Oral tobacco use for e.g. in paan, is associated with the risk of cancer.



Smoking and Respiratory Diseases

There is an increased risk of pneumonia, as well as other respiratory tract infections in smokers. Smoking causes chronic bronchitis in which the patients have a persistent cough with sputum (so called "smoker's cough"). Smoking also leads to emphysema i.e. destruction of tiny airsacs of the lungs. Shortness of breath is only noticed when more than 60% of the lungs have already been damaged. Smokers are also more prone to developing TB due to destruction of the lung's defence mechanisms. A smoker is also at increased risk of developing asthma.

Smoking and the Heart

Smokers are 4 times more likely to die of a heart attack than non-smokers. For heavy smokers the risks are even greater. Smoking is even more dangerous in people who have other risk factors, such as increased cholesterol, high blood pressure or diabetes.



Smoking and the Brain

There is an increased risk of stroke among smokers.

Smoking and Circulation

Over 95% of patients who have arterial disease of the leg, which causes intermittent claudication (pain in the leg during walking), are smokers.

Smoking and Diabetes

People with diabetes are three times more likely to have a heart attack if they, smoke. Elderly smokers with diabetes are more likely to require insulin than those who do not smoke.

Smoking and Men

Smoking has been proven as a risk factor for impotence. Up to 50% of men in their 30s and 40s will have sexual dysfunction as a direct consequence of smoking. Besides making men impotent, tobacco smoke reduces the quantity of the ejaculate, decreases the sperm count and makes the sperms immotile.

Smoking and Woman

There is an increased risk of cervical and breast cancer in women who smoke, as compared to those who don't.

Osteoporosis -Thinning of the bone is much more common in women who smoke.

Smoking during pregnancy causes growth retardation of the baby. Babies exposed to tobacco smoke have a greater risk of dying from cot deaths. Smoking women are more likely to be infertile and have shortening of their menopause by 2 to 3 years. There is also an increased incidence of miscarriages, still births and premature labour in them.

Smoking and the Face

Smoking affects the blood vessels in the skin, which damages the complexion. A smoker's face has more wrinkles around the eyes and mouth and looks much older than that of a non-smoker of similar age. Also tar in the smoke stains the teeth.



The Benefits of Quitting Smoking

Quitting smoking is the greatest single step a smoker can take to improve his health. Several people think, "It will never happen to me," until they develop cancer or have their first heart attack. Quitting smoking increases the chances of a longer and healthier life.

Quitting smoking makes a difference right away. One can taste and smell food better: The breath smells better and cough goes away.

Quitting smoking cuts the risk of lung cancer, and other cancers, heart diseases, strokes, and other complications such as chronic bronchitis and emphysema.

Ex-smokers have better health than current smokers. An ex-smoker has fewer days of illness, fewer health complaints, and lesser upper and lower respiratory tract infections.

Quitting smoking also saves money.

How to Quit Smoking

Remember quitting smoking is not as difficult as many think. The key to a successful quit attempt is a strong will power. By following the simple rules given below one can succeed.

To Quit Smoking Ask Yourself 3 Questions

- Q.1) Why do I want to quit smoking?
- Q.2) What method will I use to quit smoking?
- Q.3) How do I stay smoke-free?

Follow the following steps:

STEP 1 : Deciding to quit

- Why should you quit? Each smoker has his or her own reasons. Here are 4 good reasons for you to quit smoking:
- Your Family: Your family needs your financial and emotional support. If you die prematurely from smoking-related illness, who will take care of your family?
- Your Children: Children exposed to passive smoking at home are more prone to cold, cough, pneumonia, asthma and ear infections. Children whose parents are smokers lag behind in school and many have behaviour problems. Worse still, if you smoke, your children are more likely to take up this addiction.
- Yourself: You will begin to feel better within a few days of quitting smoking. No more early morning coughing episodes, no bad smell from your clothes, and your chances of living a longer and healthier life would significantly increase.
- Your Religion: All addictive substances are prohibited in our religion. It has been proven without any doubt that tobacco contains more powerful addictive substances than heroin. Various religious scholars across the world have described the act of smoking as haram (strictly forbidden).

STEP II: Preparing To Quit

- Choose a quit date: Ideally this date should be within 2 weeks of your decision to quit smoking. The date you choose could be your birthday, or your wedding anniversary. If you are close to Ramadhan than 1 st of Ramadhan could be an ideal day for a Muslim.
- Sudden (cold turkey) vs Gradual withdrawal: Those who quit smoking altogether on the quit date have more chances of a successful quit attempt. Decreasing the number of cigarettes could be an interim

measure while you are preparing to quit, once the decided date has reached all tobacco products should be stopped completely.

- Notice when and why you smoke e.g. while having a cup of tea, driving a car etc. Tell your friends and family that you are trying to quit smoking. You will need your family and friends support. Invite another smoker whom you know to join your quit attempt, so that you can reinforce each other's efforts.
- Change your smoking routine. Keep your cigarettes in a different place. Smoke with your other hand. Don't do anything else when smoking.
- Avoid situations where you would normally smoke for e.g. sitting in the evening with friends.
- When you feel like smoking - wait a few minutes. Try to think of something else other than smoking. You might chew a gum or drink a glass of water.
- Visit a doctor who is an expert in smoking cessation methods. He may prescribe you certain medicines to help you in quitting smoking.

STEP III: Your quitdate has reached

- Get rid of all cigarettes a night before. Put away your ashtrays.
- Change your morning routine.
- Carry other things to put in your mouth such as a gum, hard candy or toothpick.
- Take one day at a time, congratulate yourself each day on your success.
- I Go out and enjoy your favorite meal.

STEP IV: "Now You Have Stopped". How to Keep Yourself Smoke Free

- Do not worry if you are sleepier or more short-tempered than usual: these feelings will pass away.
- Try to exercise- take walks or ride a bike.
- Drink 6 to 8 glasses of water between meals. The more liquid you take, the quicker the nicotine flushes out of your body.
- When you feel tensed, try to keep busy, think about ways to solve the problem, tell yourself that smoking won't make it any better.
- Eat regular meals. Feeling hungry is some times mistaken for a desire to smoke.
- Avoid places where smokers congregate - when someone offers you a cigarette, say with confidence "SORRY I DO NOT SMOKE.
- If you get a craving for a cigarette, remember the 5 Ds.
- Deep breaths, slowly inhale and exhale.
- Drink lots of water throughout the day (especially during a craving).
- Do something else to get your mind off the craving. Call a friend, go for walk, or chew on a carrot stick.

- Delay reaching for a cigarette. The urge will soon pass away.
- Do not waver: Do not think that just one cigarette would not hurt. It will. The occasional cigarettes will make you crave for more. Do not risk it.
- Ask God to help you and Inshallah you will succeed in quitting smoking forever.
- Prayers are a very effective way of relieving stress.