



## 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 *QUITTING* 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” <sup>11</sup>



## 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

31<sup>ST</sup>. MAY 2013

THEME FOR THE YEAR

BAN TOBACCO ADVERTISING,  
PROMOTION AND  
SPONSORSHIP