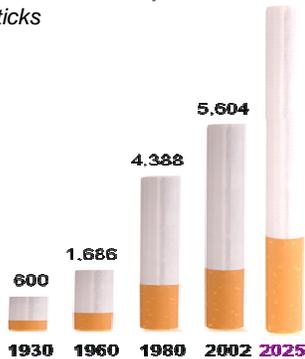




Smoking is a worldwide issue

- Globally, consumption rises every year
- About 33% of adults worldwide smoke
- Use is still increasing in many countries
- Over 25% of the world's smokers live in China

Global Cigarette Consumption
Billions of sticks



Smoking Kills

In 2008, smoking worldwide killed:

- 1 person every 6.5 seconds
- 13,000 people in a single day
- 5 million people annually

By 2020, smoking will kill 10 million people per year.

For every person who dies, 20 others suffer at least one serious illness associated with smoking.

Cigarettes are Toxic

Cigarette smoke contains over 4,000 chemicals, at least 50 of which cause cancer.

Smoking also deposits sticky tar and tiny, irritating particles in your throat and lungs.

Filtered, "light" and "low tar" cigarettes do not protect you!

Anatomy of a Cigarette

Chemical in Cigarettes	More commonly found in:
Hydrogen cyanide	Chemical weapons/poison gas chambers
Carbon monoxide	Car exhaust
Butane	Lighter fluid
Ammonia	Toilet cleansers
Toluene	Paint thinner & dynamite
Arsenic	Pesticides & rat poison
Cadmium	Batteries
Methanol	Rocket fuel
Acetone	Nail polish remover
Nitrobenzene	Gasoline (an additive)
Formaldehyde	Embalming fluid (to preserve dead bodies)

Cigarettes also contain nicotine

Tobacco naturally contains nicotine. Nicotine is a highly addictive drug:

- Small doses create pleasant feelings: alert, then calm.
- Most people get addicted quickly - physically and mentally.
- Tolerance causes a person to smoke more over time.
- Withdrawal symptoms occur when the body's dose is "too low".

Addiction can begin within days of becoming a casual smoker.

Inhaling Smoke

Tar and nicotine enter a smoker's body immediately, with every inhalation.

Filters do not prevent the smoker from inhaling dangerous substances.

Smoking: Facts worth learning!

Cardiovascular Health

- Nicotine increases heart rate and blood pressure immediately.
- Smoking damages the blood vessels – even in young people.
- The damaged system is **much more** likely to experience heart attacks, strokes and other cardiovascular disease.
- Smoking as few as 3 to 5 cigarettes a day increases your risk of heart attack.

Smoking increases your risk of other “lifestyle” diseases

Disease	This happens because:
High blood pressure	Smoking causes a high heart rate, narrow blood vessels and oxygen-poor blood
High cholesterol	Smoking decreases “good” cholesterol and increases “bad” cholesterol
Lack of exercise, leading to obesity	Smoking causes lack of energy and difficulty breathing
Diabetes	Smoking causes lack of exercise and resistance to insulin

Lung Cancer: the most well known danger

Smoking causes most cases of lung cancer.

Worldwide, about 1.2 million people are diagnosed each year. Less than 150,000 are non-smokers.

Your cancer risk goes up with the number of cigarettes smoked, and the number of years smoking. Therefore, cutting back or quitting can decrease the risk for any smoker.

The photo below is a cross section of a cancerous lung.



← White area: Cancer

← Black area: Indicates this person was a smoker

Smoking and other cancers

Smoking causes disease in nearly every organ in the body. It can cause cancer in your:

- Mouth
- Throat
- Larynx (voice box)
- Esophagus
- Bladder
- Blood (Leukemia)
- Lungs
- Stomach
- Kidneys
- Cervix

Respiratory Health Effects

Lung damage is **NOT** limited to cancer.

It starts with coughing, sore throats, and more frequent colds.

- **Chronic bronchitis** or **pneumonia** might be next.
- **Emphysema** can develop. This condition destroys lung tissue and erodes the ability to breathe.

People with severe lung disease feel like they are *drowning* and can never catch their breath.

Your quality of life is affected

If you smoke:

- It is harder to play sports, keep fit, or play with the children
- Food is less enjoyable
- Erectile dysfunction/impotence is twice as likely
- Wounds heal more slowly
- You get sick more often
- You have a higher risk of blindness

Your appearance is affected

- Yellow eyes
- Smelly hair/hair loss
- Hollowed cheeks
- Early wrinkles
- Bad breath
- Yellow teeth
- Graying skin
- Smelly clothes
- Tooth loss

Your body shape is also affected. Smokers can develop a “barrel chest”, which appears over-inflated due to conditions such as emphysema.

Tobacco and Youth

Most smokers begin young and are “just trying it”. One third of those ‘experimental’ smokers are **addicted** before they’re 20.

Kids are twice as likely to smoke if a parent smokes.

To avoid early, long-term health damage, it is important to talk to children about tobacco use – *especially if you smoke*.

Smoking: Facts worth learning!

Tobacco and Women

Smoking lowers hormone levels, which can:

- Decrease fertility
- Lead to earlier, more symptomatic menopause
- Increase your risk of osteoporosis
- Smokers who use hormonal birth control (e.g. "the pill" or patch) are at high risk of heart attack and stroke
- Every day, 33 kids lose their mother to a fatal smoking-related illness

Tobacco and Pregnancy

Nicotine reaches the fetus and reduces its oxygen supply.

Women who smoke while pregnant have babies with:

- Low birth weight
- Narrowed airways
- Decreased lung function
- Increased chance of "cot death"/SIDS (sudden infant death syndrome)
- Increased chance of miscarriage or premature birth.

These risks can be greatly reduced if a woman quits smoking – the earlier, the better!

- Stays in the air hours after smoking has ended
- Can't be completely removed via air conditioning or filtration systems
- THERE IS NO RISK-FREE LEVEL

Protect people from second hand smoke

Actions for Smokers	Actions for Everyone
Smoke outside, not in your home.	Ask people to smoke outside, not in your home.
If you must smoke indoors: <ul style="list-style-type: none"> ▪ Limit it to one room ▪ Open windows and use a fan ▪ Keep children and pregnant women out. ▪ Avoid smoking in your car, especially if others are in the car with you. 	Talk to your employer about smoke-free options. Hire non-smoking childcare workers. Choose smoke-free restaurants, bars, clubs and transportation. If that's impossible, sit as far away from smokers as you can.
Think about quitting	Encourage smokers who have decided to quit.

Children who have parents that smoke

- Take in 60-150 cigarette's worth of nicotine every year!
- Have more frequent and more severe asthma attacks.
- Get more colds and ear infections, which can end in hearing loss
- Develop wheeze, breathlessness, cough and excess mucus

Think you're a non-smoker? Think again

You 'smoke' every time:

- Someone smokes in your house or car
- You visit a smoky bar or restaurant
- You work in an environment where smoking is permitted
- You spend time in a smoker's house or car

That's why second hand smoke is sometimes known as environmental tobacco pollution.

When you breathe in a smoke-polluted place, you become a passive smoker.

"Second hand" Smoke:

- Contains more than 250 dangerous chemicals
- Can cause cancer and heart disease in non-smokers

Understanding the decision to smoke

Lots of things affect the decision to start smoking, and the decision not to quit. Common reasons for smoking are:

- "I won't get addicted"
- "The smokers I know are healthy"
- "I enjoy smoking"
- "I'm too young to get cancer or heart disease"
- "I'm too old to stop – the damage is already done"
- "Smoking is a way to show I'm an independent person"

However, many people smoke because they are addicted.

Is it addiction?

If you answer "yes" to the following questions, you are probably addicted.

Would it be difficult to go a week without smoking?

Do you have withdrawal symptoms if you cut back or stop smoking?

Is smoking something you automatically do as part of a routine? (e.g. driving to work, talking on the phone, after eating)

If you quit, would you lose your "smoking friends"?

Smoking: Facts worth learning!

Quitting smoking can result in:

More:

- Energy
- Spending money
- Enjoyment in eating
- Quality life years
- Reasons for your children and grandchildren to admire you

Less:

- Colds and other infections
- Chronic symptoms
- Lectures from friends and family
- Sick days out of work
- Smelly clothes + bad breath
- Health risks for your family

No matter how long, or how much, someone smoked, quitting has an **immediate positive impact** on their body!

Time Since Quitting	Health Benefit
20 minutes	Blood pressure & pulse drop to normal
1 day	Heart attack risk starts dropping
2 days	Sense of taste and smell starts to return
1 month	Energy level increases, skin tone improves
Within 6 months	Fewer colds and other respiratory infections
1 year	Heart disease risk decreases to ½ that of a smoker
5-15 years	Stroke risk is as low as a non-smoker
15 years	Heart disease risk is as low as a non-smoker

How to quit: an overview

Quitting smoking takes a lot of preparation and planning.

Five critical steps

1. Deciding to quit
2. Formulating a quit plan (may involve medication, hypnosis, acupuncture, a written plan and online, telephone or in-person support, etc)
3. Setting a quit date and asking for support
4. Dealing with withdrawal
5. Staying 'quit' (maintaining a tobacco-free lifestyle)

Quitting – 3 things to know

1. Combine different strategies
 - The more you use, the higher your chances of success!
2. Expect to feel worse the first week
 - Your body is used to nicotine, and will react to its absence.
 - Your lungs will be getting rid of toxins, which can temporarily worsen a cough.
 - Using nicotine replacement therapies, like a patch, pill or lozenge, may help.
3. Expect cravings: they're normal and temporary
 - Recognize that these powerful urges will come, but only last a few minutes. Have coping mechanisms pre-planned.

Relapse: the predictable “failure”

Relapse is an expected part of any behavior change:

- Relapse is not an excuse to give up!
- Most smokers need to try several times before they “stay quit”.

Remember: Millions of people HAVE quit smoking. It is possible!

When a friend is quitting

Most former smokers say a friend's support helped them quit:

- Tell them you are proud and happy to help them
- Ask what would be most helpful. Offer to call and check in on a routine basis.
- Remember the quitter is in charge
- Expect your friend to have changed moods and energy levels. Don't take it personally.
- Celebrate every day they succeed in being smoke-free!

If you smoke, but a friend is quitting:

- Respect their decision.
- Avoid smoking near them.
- Do not offer them a cigarette.

Summary

- Smoking is a global issue affecting everyone.
- Cigarettes change a user's life, and can have very serious health consequences.
- Non-users are still at risk from passive smoking, particularly children.
- It's never too late to quit.
- Quitting takes perseverance, but you can do it!