







Smoking

Dr shahnaz rehman

C .Med Department

For 3rd year MBBS

Introduction



- Smoking is one of the worst things kids or adults can do to their bodies. Yet every single day nearly 4,400 kids between the ages 12 and 17 start

Say No To Tobacco

Why smoke when it kills you ?
Quit Smoking !!!



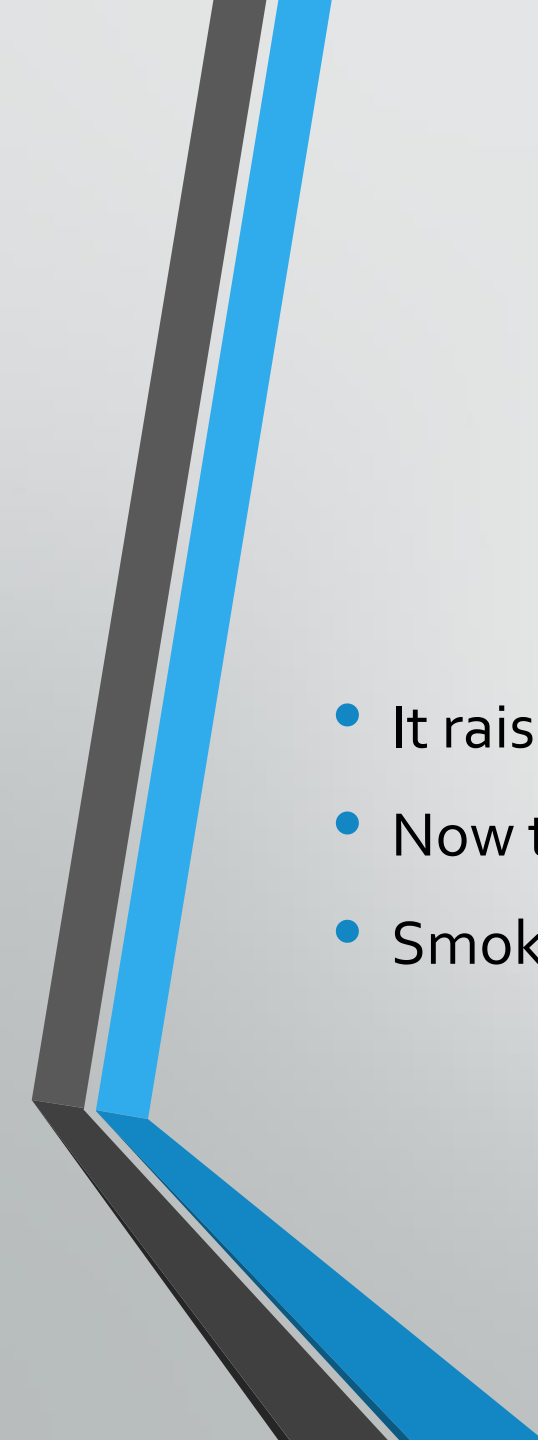


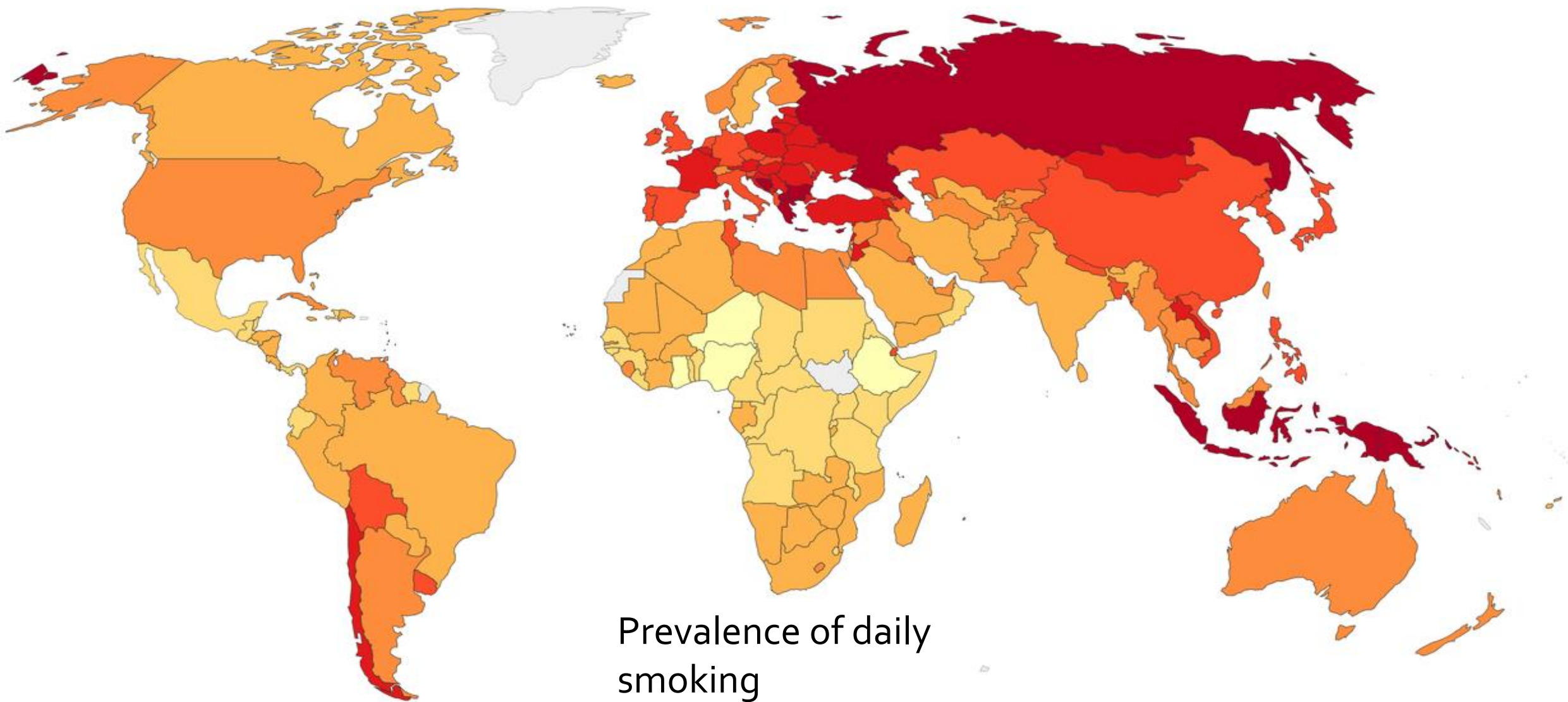
Objectives:

- Describe different methods of smoking/routes of consumption
- Discuss different reasons for smoking
- Describe complications of tobacco usage.
- Preventive measures for smoking
- Classify tobacco users & explain different routes of tobacco consumption
- Describe the epidemiology and consequences of tobacco globally & in Pakistan
- Discuss the current legislation on tobacco globally and in Pakistan

INTRODUCTION

- Tobacco was introduced to Europe from south America in the 16th century
- There are 1.1 billion smokers world wide
- About 15 billion of cigarettes are sold daily
- In 1990 there were 3 million smoking related deaths per year

- 
- It raised to 8 million deaths per year in 2020 [12% of all deaths]
 - Now the number is 10 million deaths per year
 - Smoking decreases life expectancy by 7 to 8 years



FACTS

Smoking-related disease kills one half of all long term smokers but these diseases may also be contracted by non-smokers.

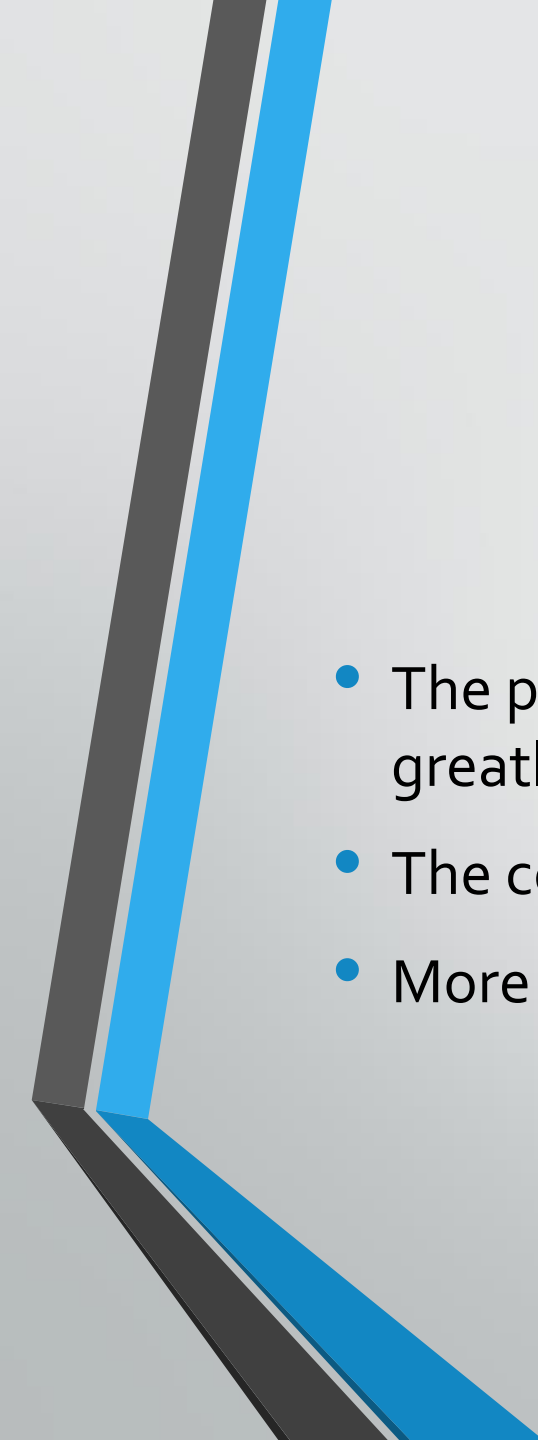
A 2007 report states that about 4.9 million people worldwide each year die as a result of smoking.

Smoking is one of the most common forms of recreational drug use. Tobacco smoking is the most popular form, being practised by over one billion people globally

(West, Robert and Shiffman, Saul (2007). *Fast Facts: Smoking Cessation*. Health Press Ltd.. p. 28. [ISBN 978-1-903734-98-8](#).)

PROCESS OF SMOKING

Smoking is a practice in which a substance, most commonly tobacco or cannabis is burned and the smoke is tasted or inhaled. The smoke is absorbed into the bloodstream.

- 
- The principal components are Tar and Nicotine. The amount of which vary greatly depending upon the country where it is made.
 - The composition of tobacco smoke is complex
 - More than 500 compounds are identified

The most common method of smoking today is through cigarette
Other methods of smoking include pipes, cigars, bidis, vaporizers
,hookahs



Reasons for smoking

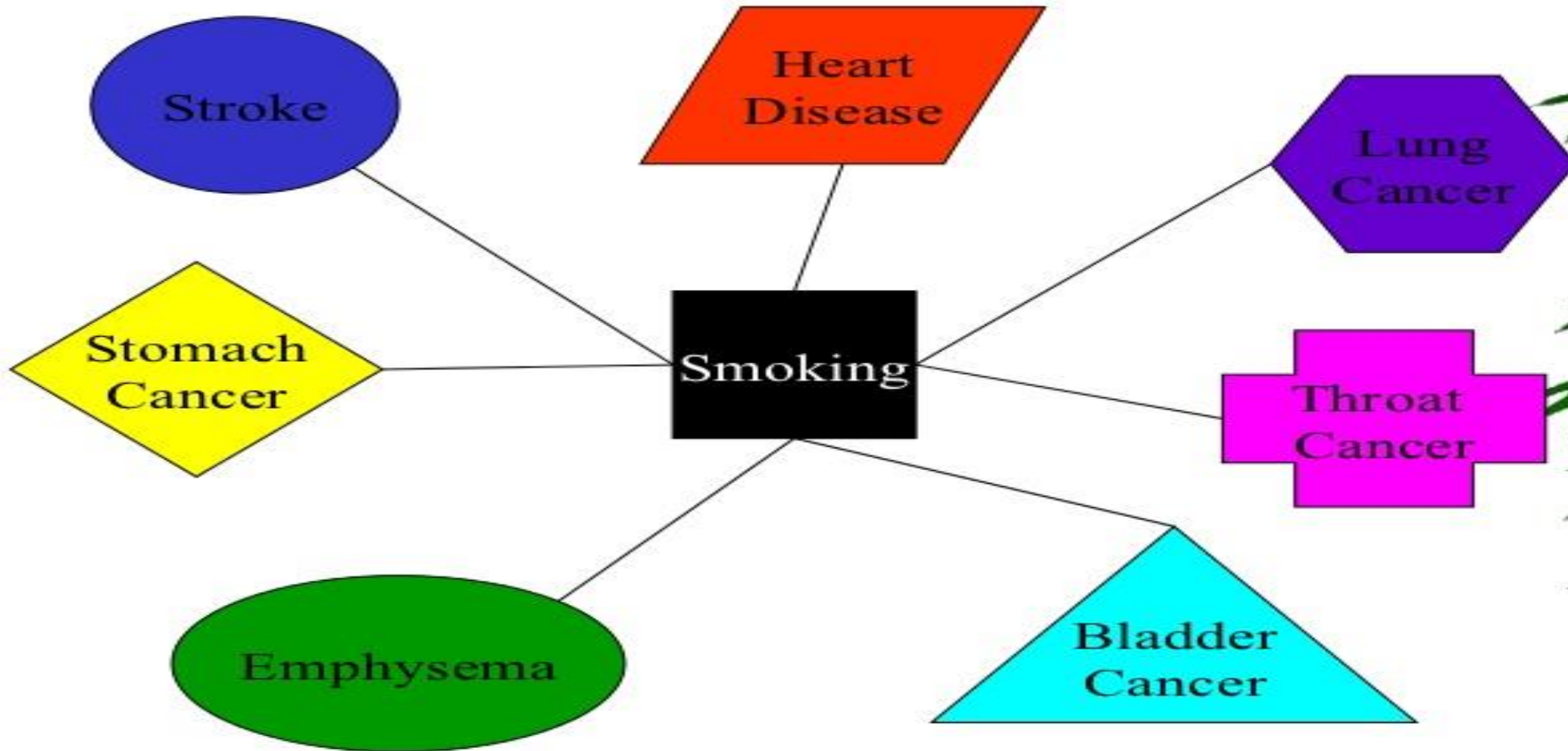
- Peer- pressure
- Parents or role models smoke
- It's cool



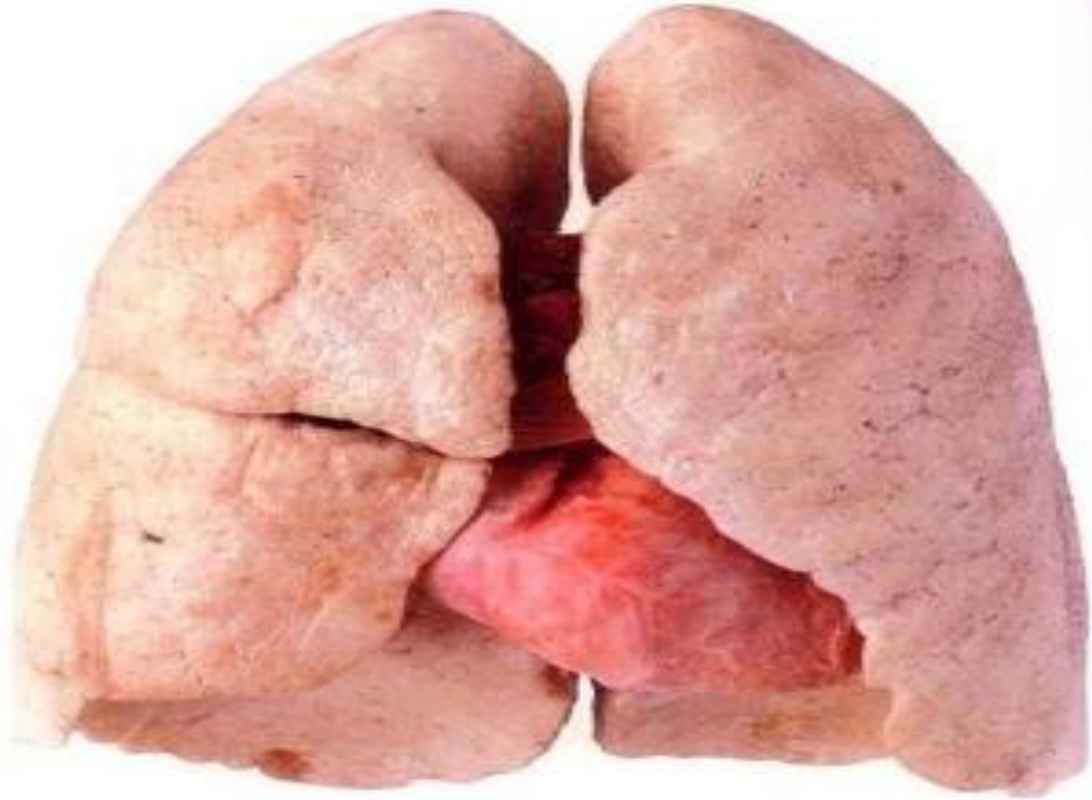
CONSEQUENCES

- Health deterioration
- Money waste
- Energy waste
- Time waste

HEALTH EFFECTS



Lung differences



Risks from Smoking

Smoking can damage every part of the body

Cancers

Head or Neck

Lung

Leukemia

Stomach

Kidney

Pancreas

Colon

Bladder

Cervix

Chronic Diseases

Stroke

Blindness

Gum infection

Aortic rupture

Heart disease

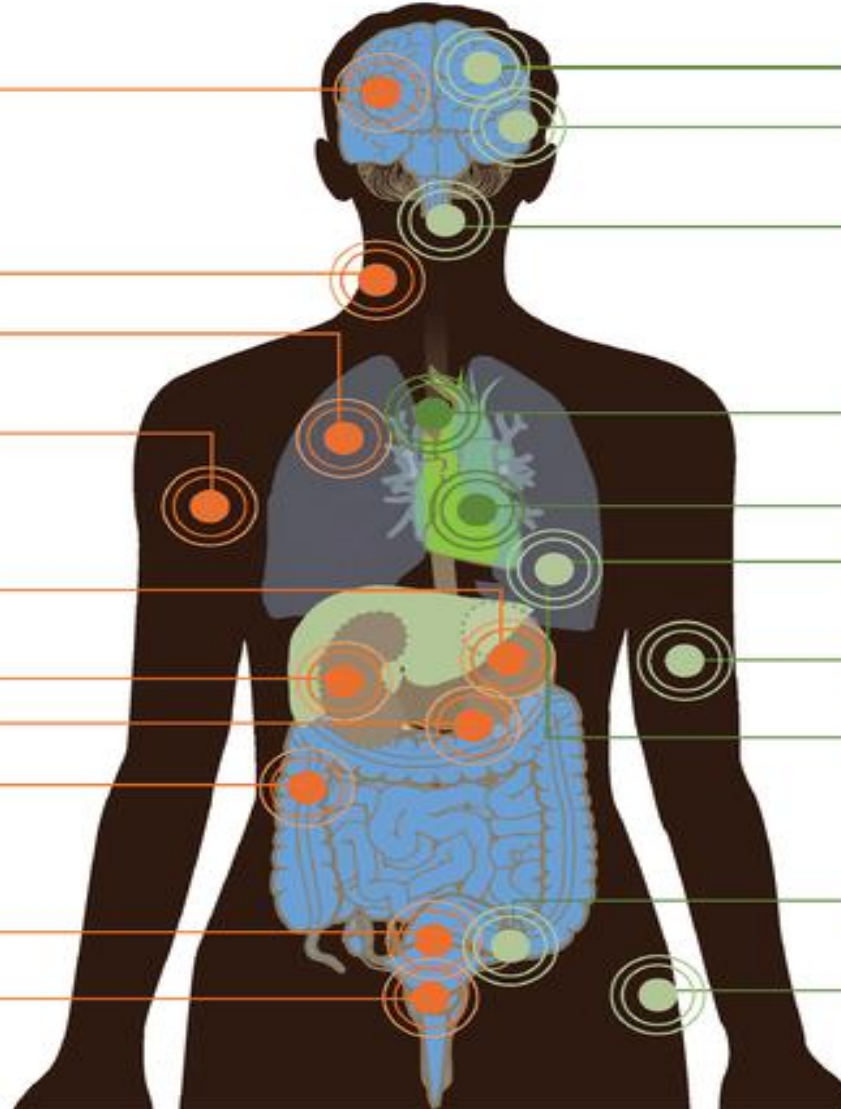
Pneumonia

Hardening of the arteries

Chronic lung disease & asthma

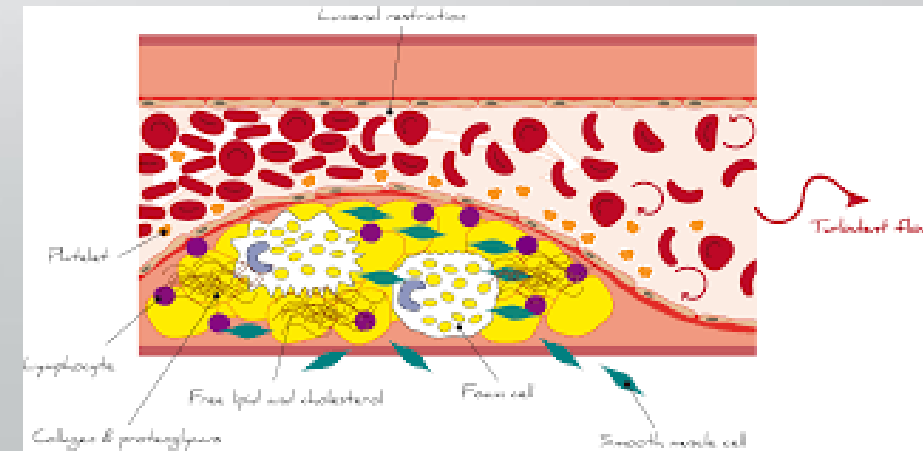
Reduced fertility

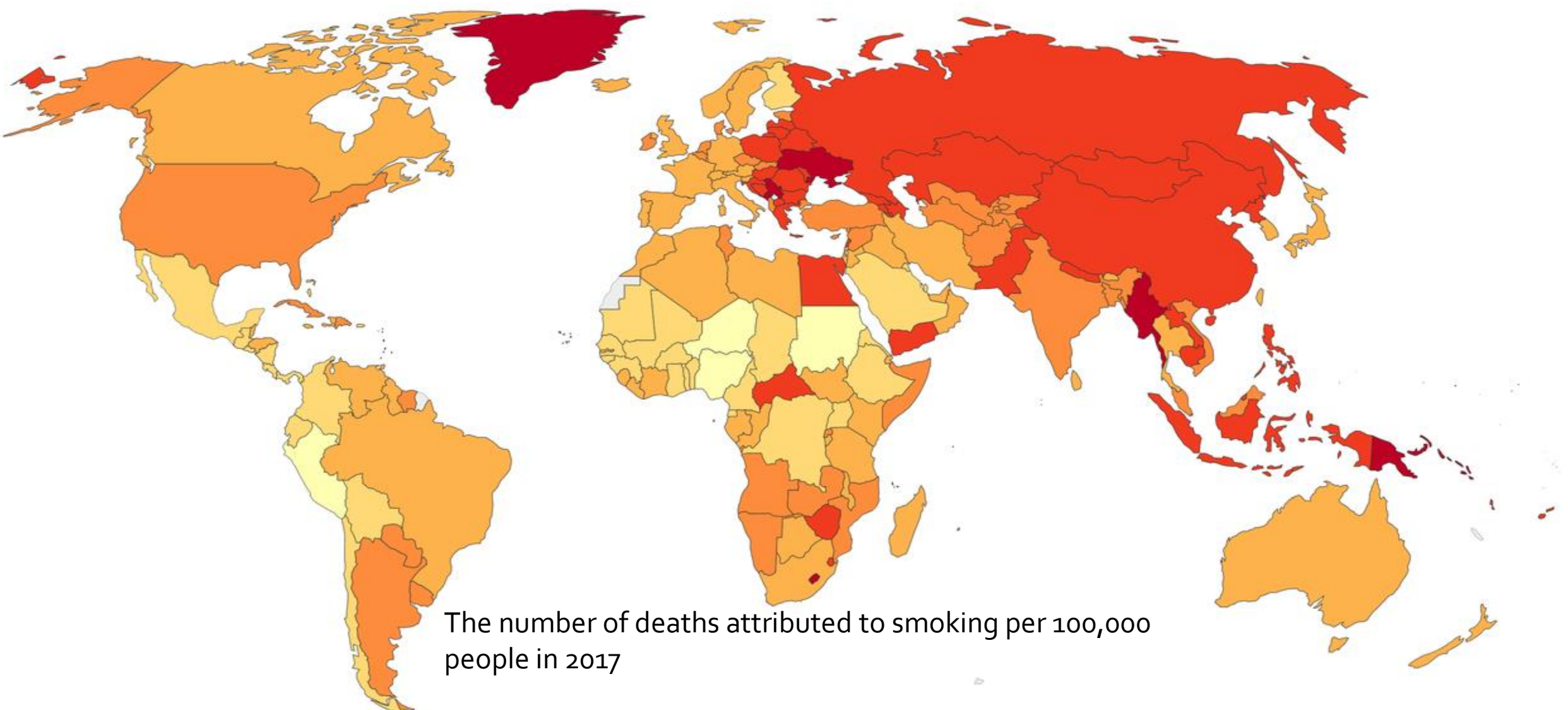
Hip fracture



EFFECTS ON HEART/ LUNGS

- Nicotine from brain triggers Adrenaline that fastens heart beat.
- Smoking also releases carbon monoxide in blood.
- Due to decreased oxygen in blood heart start beating faster to fulfill oxygen demand
- Fatty deposition in walls of blood vessels





The number of deaths attributed to smoking per 100,000 people in 2017





COMPOSITION

WHAT DO CIGARETTES CONTAIN?

- Over 4000 chemicals
- 60 carcinogenic chemicals
- Nicotine - powerful mood-altering substance that is extremely toxic and addictive



The most genotoxic cancer causing chemicals in cigarette smoke

Compound	Micrograms per cigarette	Effect on DNA	Ref.
Acrolein	122.4	Reacts with deoxyguanine and forms DNA crosslinks, DNA-protein crosslinks and DNA adducts	[82]
Formaldehyde	60.5	DNA-protein crosslinks causing chromosome deletions and re-arrangements	[83]
Acrylonitrile	29.3	Oxidative stress causing increased 8-oxo-2'-deoxyguanosine	[84]
1,3-butadiene	105.0	Global loss of DNA methylation (an epigenetic effect) as well as DNA adducts	[85]
Acetaldehyde	1448.0	Reacts with deoxyguanine to form DNA adducts	[86]
Ethylene oxide	7.0	Hydroxyethyl DNA adducts with adenine and guanine	[87]
Isoprene	952.0	Single and double strand breaks in DNA	[88]

PASSIVE SMOKING

- Breathing in from other person cigarette is called passive smoking
- It can even affects pets in house
- In some cases childhood asthmas are related to passive smoking



Crystal

Templates for PowerPoint



QUIT SMOKING

PRESENTATION TEMPLATE DESIGN



Reasons for quitting:

- Smoking is addictive
- Smoking kills
- Smoking is expensive



Benefits for quitting

- General health improves
- More energy
- Save money
- Sense of taste & smell improves
- Set an example for young people



How to quit

- S = set a quit date
- T = tell family, friends that you plan to quit
- A = anticipate & plan for the challenges you'll face will smoking
- R = remove cigarettes & tobacco from your home, car ...
- T = talk to your Dr. about getting help to quit

MEDICATIONS

- These are designed to reduce physical dependence and minimize withdrawal symptoms
1. Nicotine chewing gums
 2. Nasal spray
 3. Inhaler system
 4. Transdermal patch

SMOKING PREVENTION EDUCATION

- Should begin during childhood
- Should be stressed during adolescence[a time when peer modeling and confusion over self image may lead to smoking.

STEP I

- Information on short and long term health effects of smoking

STEP II

- Practical behavior modification techniques to help break the habits
- Providing oral stimulation like chewing gum, celery sticks,
- Sucking on mint and hard candy

STEP III

- Use of support groups
- Frequent reinforcement
- Follow up
- Encourage additional attempts if relapse occurs

ROLE OF GOVERNMENT

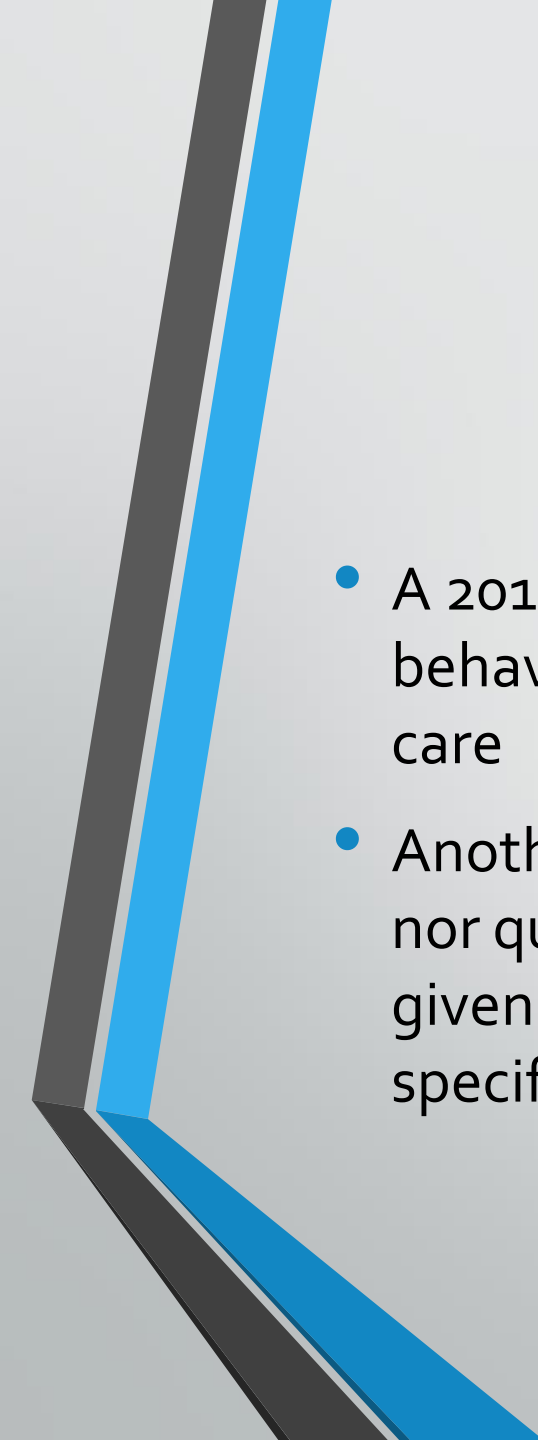
- Advertisement on risks of smoking
- Increasing prices of cigarette
- Age limits for purchasing cigarette
- Warning labels
- Awareness campaigns

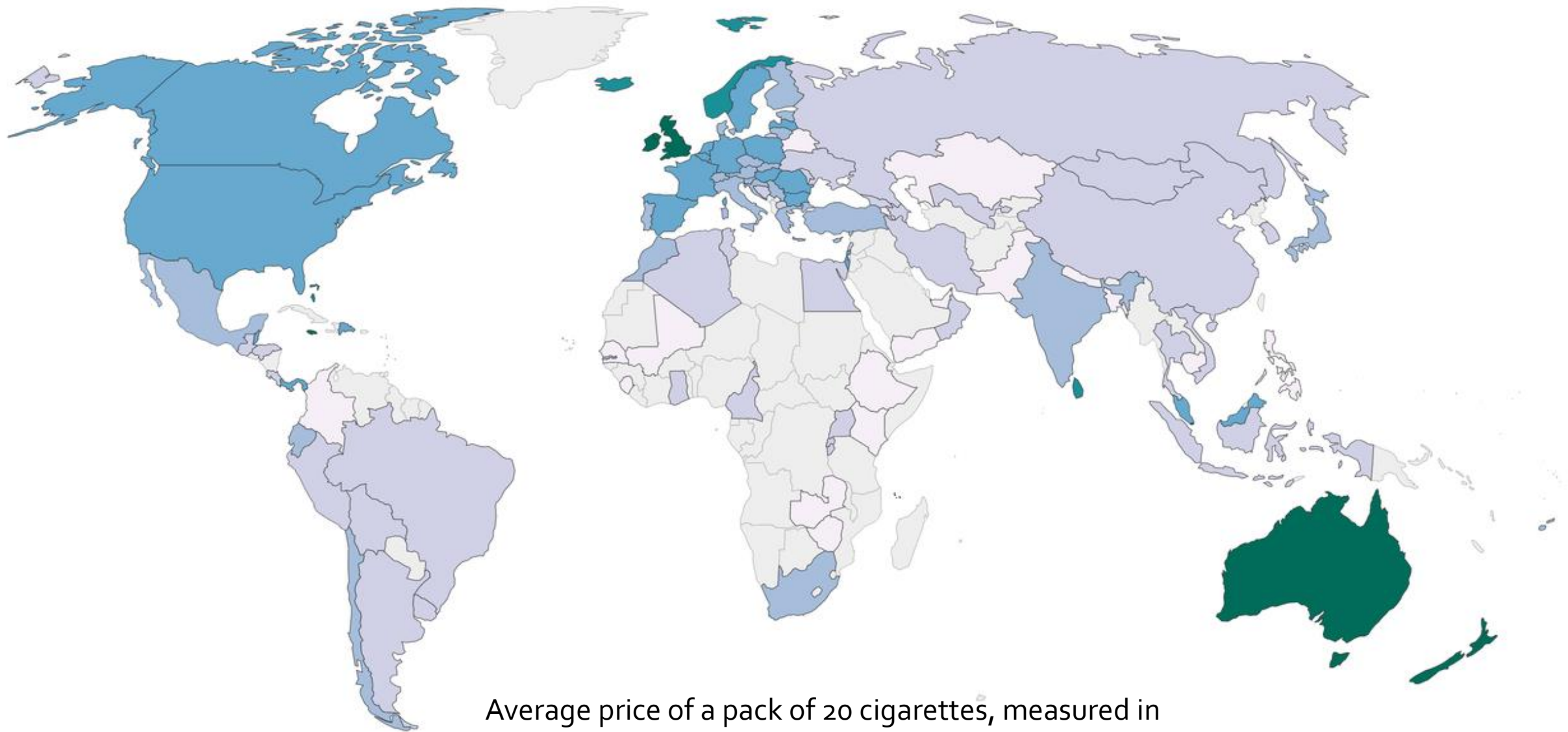
Solutions

- Nicotine gum
- Advertisements on risk of smoking
- Increase price of cigarettes
- Age limits for purchasing cigarettes
- Warning labels
- Awareness campaigns

OTHERS

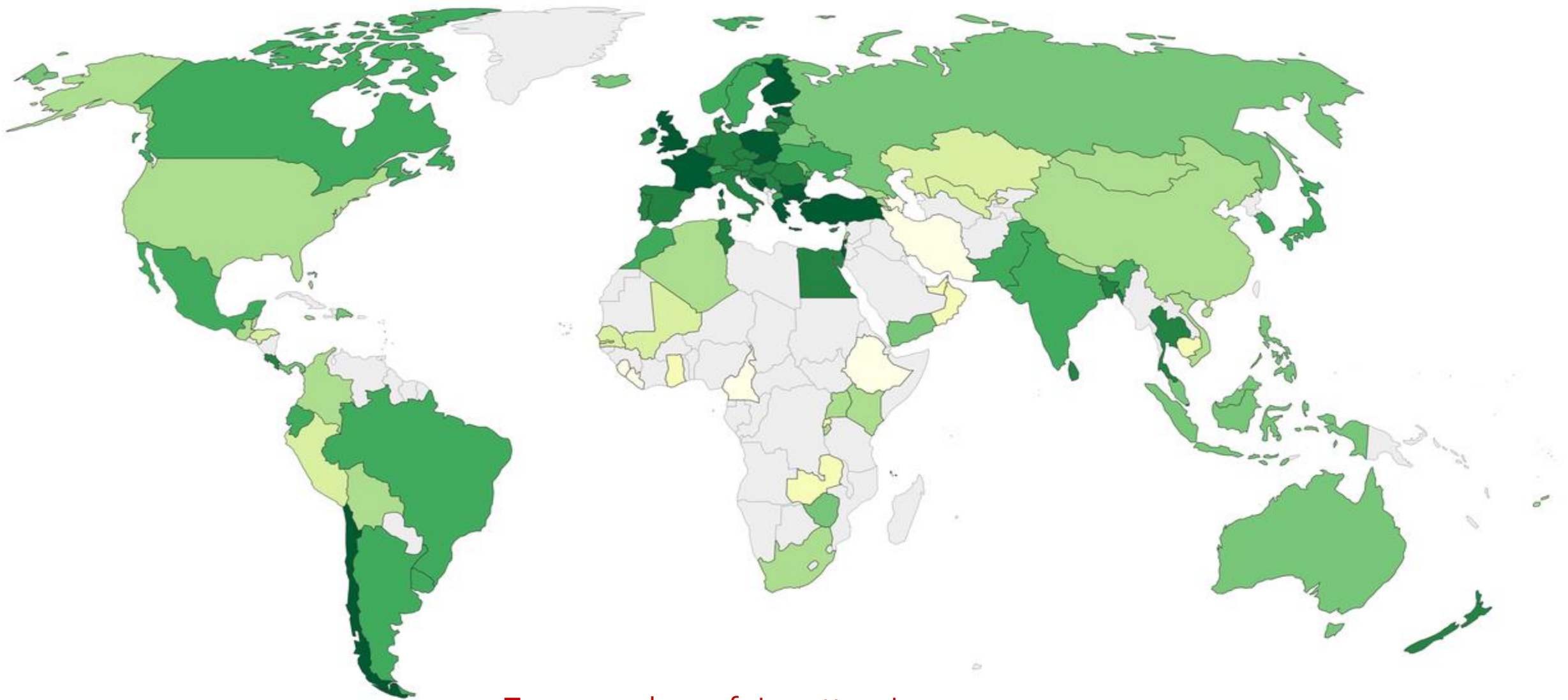
- Education and counselling by physicians of children and adolescents has been found to be effective in decreasing the risk of tobacco use
- Systematic reviews show that psychosocial interventions can help women stop smoking in late pregnancy, reducing low birthweight and preterm births

- 
- A 2016 Cochrane review showed that the combination of medication and behavioral support was more effective than minimal interventions or usual care
 - Another Cochrane review "suggests that neither reducing smoking to quit nor quitting abruptly results in superior quit rates; people could therefore be given a choice of how to quit, and support provided to people who would specifically like to reduce their smoking before quitting.

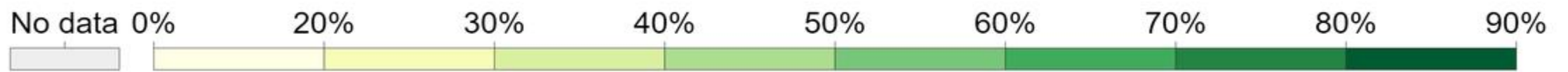


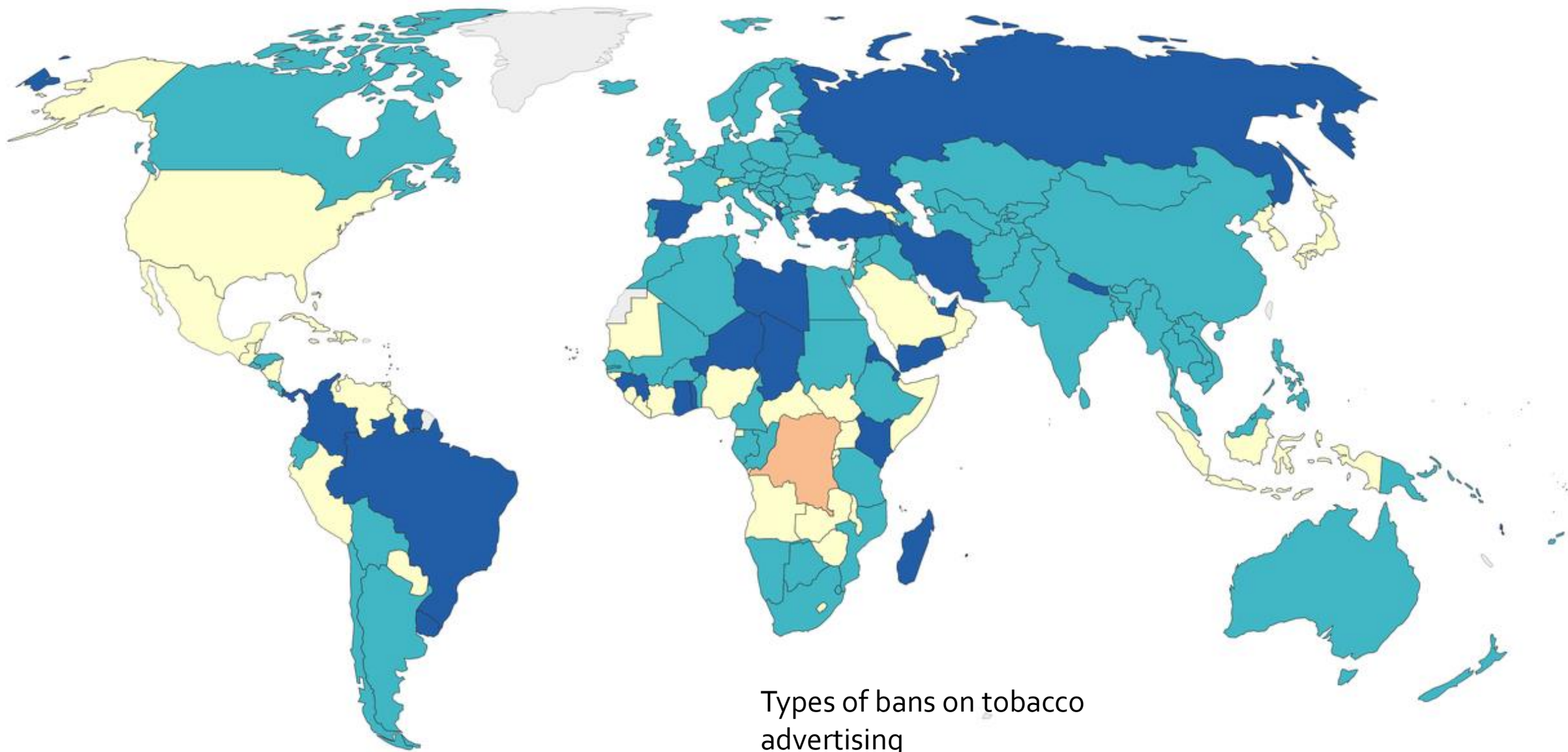
Average price of a pack of 20 cigarettes, measured in international dollars





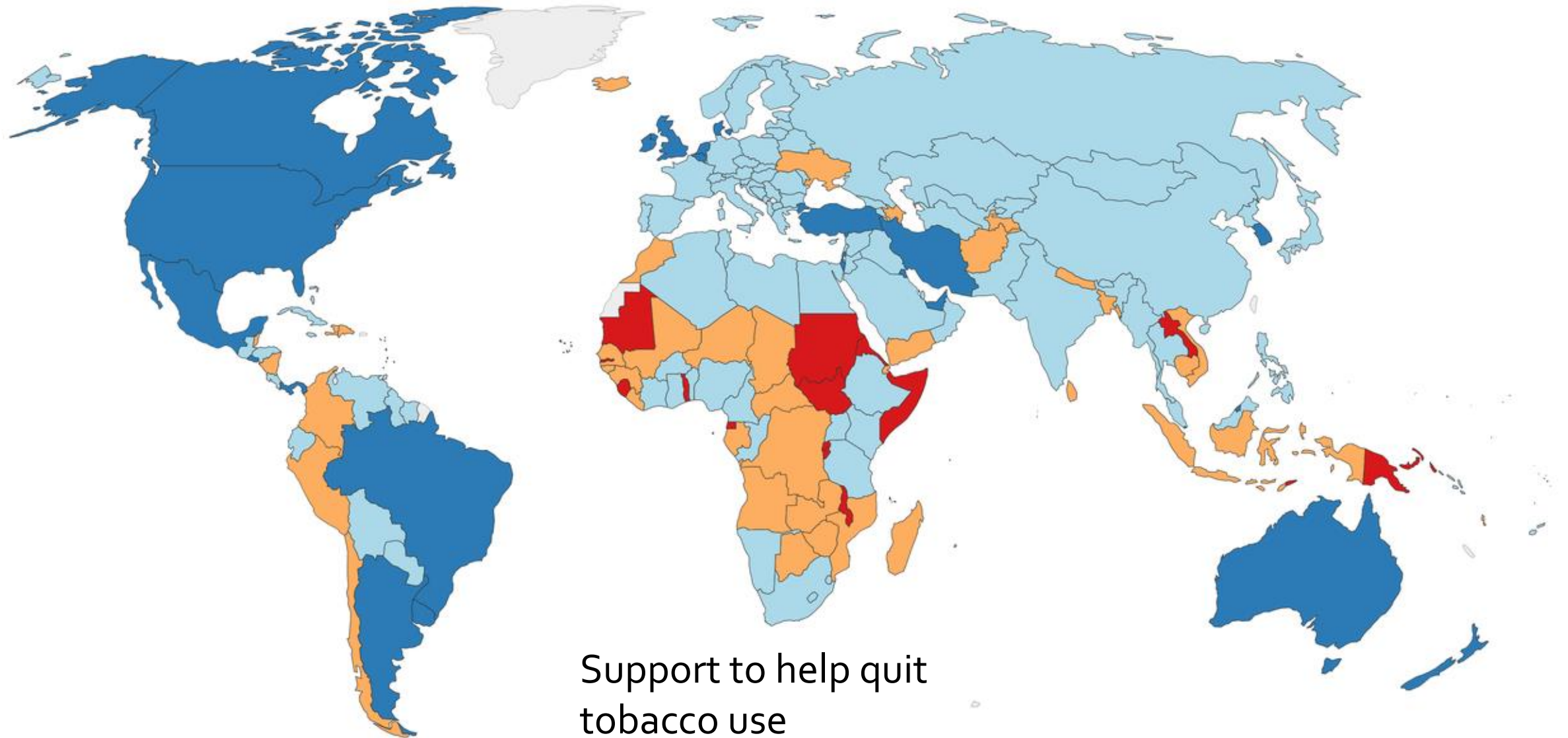
Taxes as a share of cigarette price,





Types of bans on tobacco advertising





No data

No support

Some (not cost-covered)

Some costs covered

Cost-covered



Thank you

Bibliography

- Sheridan, Glyn. "What Are Some Solutions to Smoking?" *LIVESTRONG.COM*. 10 Aug. 2010. Web. 24 May 2012. <<http://www.livestrong.com/article/199754-what-are-some-solutions-to-smoking/>>.
- Martin, Terry. "Global Smoking Statistics for 2002." *About.com Smoking Cessation*. 13 Mar. 2012. Web. 24 May 2012. <<http://quitsmoking.about.com/cs/antismoking/a/statistics.htm>>.