

PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

1ST JUNE, 2015

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MAKE EVERY DAY WORLD NO TOBACCO DAY

31ST MAY 2015



Every year, on 31st May, WHO marks World No-Tobacco Day (WNTD), highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption. The illicit tobacco market may account for as much as one in every 10 cigarettes consumed globally, according to studies, including information supplied by the global customs community. Thus, the theme for this year is "Stop illicit trade of tobacco products" [1]

What is Tobacco?

- Tobacco is a product prepared from the leaves of the tobacco plant by curing them. [3]
- The chief commercial crop from which Tobacco is prepared is *Nicotiana tabacum* belongs to Solanaceae family. [3]
- Tobacco contains the alkaloid Nicotine. Dried tobacco leaves are mainly smoked in cigarettes, cigars, pipe tobacco and flavored shisha tobacco. They are also consumed as snuff, chewing tobacco and dipping tobacco. [3]

What are sources of Tobacco? [4]

Chewing tobacco

Loose leaf
Pellets
Plug
Twist

Cigars

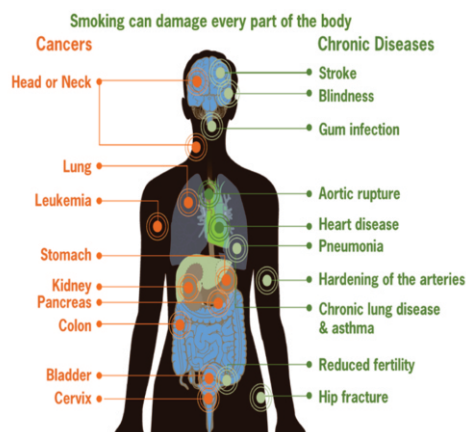
Cigarillos
Little cigars
Cigarettes
Bidis
Kreteks

Dipping tobacco

Dokha
Gutka
Pipe tobacco
Snuff

Why Tobacco should be avoided? [5]

- Tobacco smoke is enormously harmful to your health. There's no safe way to smoke. Replacing your cigarette with a cigar, pipe, or hookah won't help you avoid the health risks associated with tobacco products. [12]



MAJOR SYSTEMS OF BODY AFFECTED BY TOBACCO USE ARE AS FOLLOW:

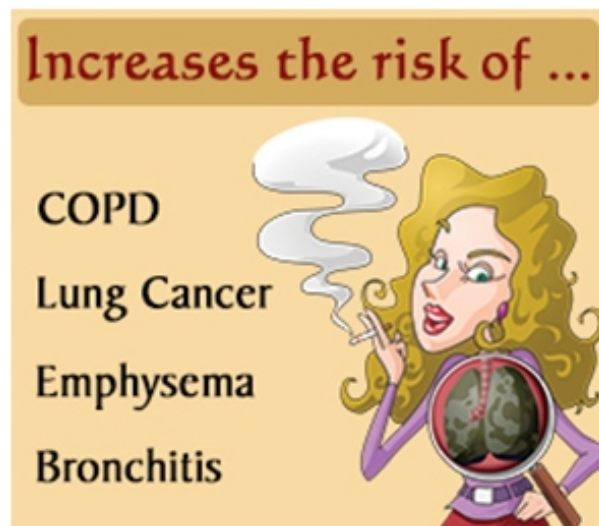
● CENTRAL NERVOUS SYSTEM:

- One of the ingredients in tobacco is a mood-altering drug called nicotine. Nicotine reaches your brain in mere seconds. It's a central nervous system stimulant, so it makes you feel more energized for a little while. As that effect subsides, you feel tired and crave more. NICOTINE IS HABIT FORMING.[12]
- Smoking increases risk of macular degeneration, cataracts, and poor eyesight. It can also weaken your sense of taste and sense of smell, so food may become less enjoyable.[12]



● RESPIRATORY SYSTEM:

- Due to over time use of tobacco, your lungs lose their ability to filter harmful chemicals. Coughing can't clear out the toxins sufficiently, so these toxins get trapped in the lungs.
- In a condition called Emphysema, the air sacs in your lungs are destroyed. In chronic bronchitis, the lining of the tubes of the lungs becomes inflamed. Over time, smokers are at increased risk of developing these forms of chronic obstructive pulmonary disease (COPD). Withdrawal from tobacco products can cause temporary congestion and respiratory pain as your lungs begin to clear out.[12]
- Children whose parents smoke are more prone to coughing, wheezing, and asthma attacks than children whose parents don't. They also tend to have more ear infections. Children of smokers have higher rates of pneumonia and bronchitis. THINK OF YOUR CHILDREN!!! [12]

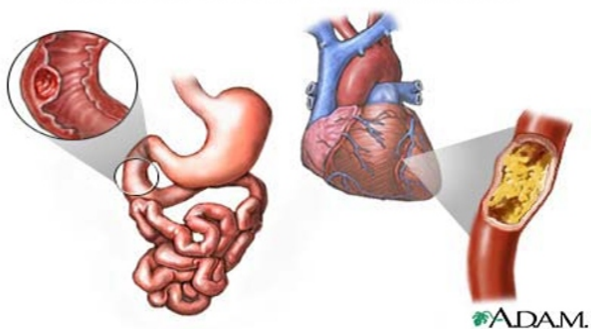


CARDIOVASCULAR SYSTEM:

When nicotine hits your body, it gives your blood sugar a boost. After a short time, you're left feeling tired and craving more. Nicotine causes blood vessels to tighten, which restricts the flow of blood (peripheral artery disease). Smoking lowers good cholesterol levels and raises blood pressure, which can result in stretching of the arteries and a buildup of bad cholesterol (atherosclerosis). Smoking raises the risk of forming blood clots. Exposure to secondhand smoke increases your risk of stroke, heart attack, and coronary heart disease.[12]



Tobacco use is associated with increased risk of peptic ulcers and coronary artery disease



INTEGUMENTARY SYSTEM (SKIN, HAIR & NAILS):

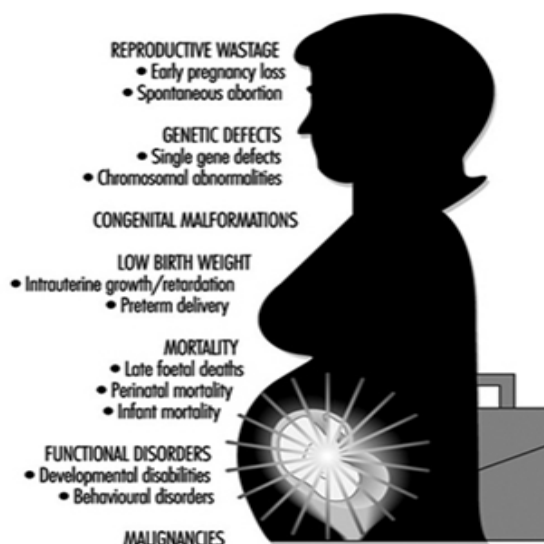
The substances in tobacco smoke actually change the structure of your skin. Smoking causes skin discoloration, wrinkles and premature aging. Your fingernails and the skin on your fingers may have yellow staining from holding cigarettes. Smokers usually develop yellow or brown stains on their teeth. Hair holds on to the smell of tobacco long after you put your cigarette out. [12]

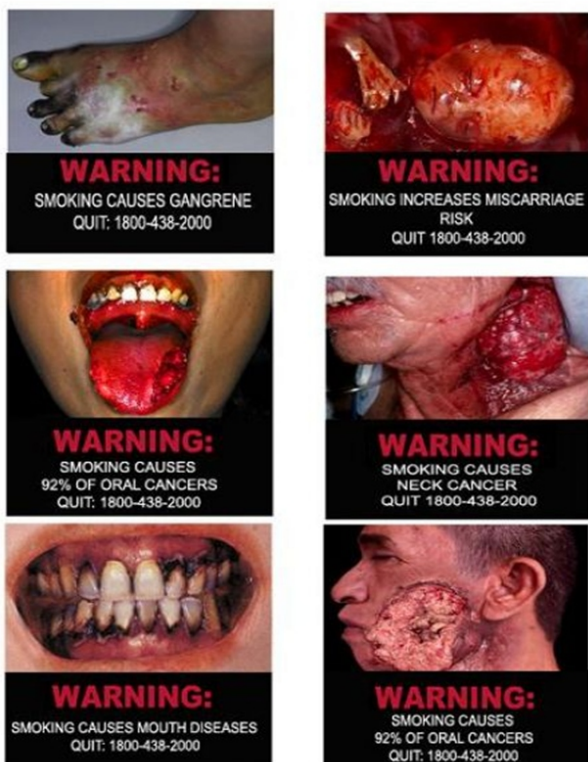
DIGESTIVE SYSTEM:

- Tobacco use can cause gum inflammation (gingivitis) or infection (periodontitis). These problems can lead to tooth decay, tooth loss, and bad breath.[12]
- Smoking also increases risk of CANCER of the mouth, throat, larynx and esophagus. Smokers have higher rates of kidney cancer and pancreatic cancer. Even cigar smokers who don't inhale are at increased risk of mouth cancer.[12]
- Smoking also has an effect on insulin, making it more likely that you'll develop insulin resistance. That puts you at increased risk of type 2 diabetes.[12]
- Smoking also depresses appetite (ANOREXIA), so you may not be getting all the nutrients your body needs.[12]

REPRODUCTIVE SYSTEM:

- Restricted blood flow can affect a man's ability to get an erection and is at higher risk of infertility. [12]
- Women who smoke may experience menopause at an earlier age than non-smoking women. Smoking increases a woman's risk of cervical cancer. Smokers experience more complications of pregnancy, including miscarriage, problems with the placenta and premature delivery. [12]
- Pregnant mothers who are exposed to secondhand smoke are also more likely to have a baby with low birth weight. Babies born to mothers who smoke while pregnant are at greater risk of low birth weight, birth defects and Sudden Infant Death Syndrome (SIDS).[12]





HOW TO PREVENT OR STOP TOBACCO USE?

- The best thing to do is keep kids away from starting to use tobacco in the first place by talking about the dangers of tobacco use at an early age.
- A great resource is the truth anti-smoking campaign, which has been very successful in preventing youth smoking. [22]
Create a world where seeing people smoke or use other tobacco products is the exception, not the norm. [23]
Take steps that make it harder for youth to use tobacco, such as raising cigarette prices and enforcing laws that prohibit the sale of tobacco to children. [23]
- Further limit tobacco marketing that is likely to be seen by young people. Limit youth exposure to smoking in movies and other media. [23]
- Educate young people and help them make healthy choices. Set an example-encourage young people to avoid tobacco use by quitting ourselves. [23]
- To Quit tobacco, the Five D's may help, viz., [22]
- Delay: The craving will eventually go away.
- Deep breath: Take a few calming deep breaths. Your mind is the key!
- Drink water: It will help flush out the chemicals.
- Do something else: Find a new, healthy habit.
- Discuss: Talk about your thoughts and feelings.
- Another alternate is Nicotine Replacement Therapy (NRT) [24, 25], is a way to give nicotine to the body by means other than tobacco. It is used to decrease withdrawal symptoms triggered by stopping smoking or chewing tobacco cessation.
- Types of Nicotine Replacement Therapy:
 - Gum
 - Inhalers
 - Lozenges
 - Nasal spray
 - Skin patch
- All of these work well if they are used correctly. People are more likely to use the gum and patches correctly than other forms.

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