



*Arsenic kills if you swallow it; tobacco kills if you smoke it.*

**May 31<sup>st</sup> is World No Tobacco Day**

## **No Tobacco Day**

World No Tobacco Day (WNTD) is observed around the world every year on May 31. It is intended to encourage a 24-hour period of abstinence from all forms of tobacco consumption around the globe. The day is further intended to draw global attention to the widespread prevalence of tobacco use and to negative health effects, which currently lead to 5.4 million deaths worldwide annually. The member states of the World Health Organization (WHO) created World No Tobacco Day in 1987. In the past twenty years, the day has been met with both enthusiasm and resistance around the globe from governments, public health organizations, smokers, growers of tobacco, and the tobacco industry.

### **Goals:**

The ultimate goal of World No Tobacco Day is to contribute to protecting present and future generations not only from the devastating health consequences due to tobacco, but also from the social, environmental and economic scourges of tobacco use and exposure to tobacco smoke.

### **Health effects of tobacco:**

#### **Cancer:**

The primary risks of tobacco usage include many forms of cancer, particularly lung cancer, kidney cancer, cancer of the mouth and larynx, head and neck cancer, bladder cancer, cancer of the esophagus, cancer of the pancreas and stomach cancer. Studies have established a relationship between tobacco smoke, including secondhand smoke, and cervical cancer in women.

#### **Pulmonary:**

In smoking, long term exposure to compounds found in the smoke (e.g., carbon monoxide and cyanide) are believed to be responsible for pulmonary damage and for loss of elasticity in the alveoli, leading to emphysema and COPD. Chronic obstructive pulmonary disease (COPD) caused by smoking, is a permanent, incurable (often terminal) reduction of pulmonary capacity.

#### **Cardiovascular disease:**

Inhalation of tobacco smoke causes several immediate responses within the heart and blood vessels. Within one minute the heart rate begins to rise, increasing by as much as 30 percent during the first 10 minutes of smoking. Smoking also increases the chance of heart disease, stroke, atherosclerosis, and peripheral vascular disease.

#### **Influenza:**

Smoking seems to cause a higher relative influenza-risk in older populations than in younger populations. Smoking may substantially contribute to the growth of influenza epidemics affecting the entire population.

**Oral:**

Perhaps the most serious oral condition that can arise is that of oral cancer. Smoking has been proven to be an important factor in the staining of teeth. Halitosis or bad breath is common among tobacco smokers. Tooth loss has been shown to be 2 to 3 times higher in smokers than in non-smokers. In addition, complications may further include leukoplakia, and a loss of taste sensation or salivary changes.

**Infection:**

Tobacco is also linked to susceptibility to infectious diseases, particularly in the lungs. Smoking more than 20 cigarettes a day increases the risk of by two to four times, and being a current smoker has been linked to a fourfold increase in the risk of invasive pneumococcal disease. Smoking increases the risk of Kaposi's sarcoma in people without HIV infection.

**Impotence:**

Incidence of impotence is approximately 85 percent higher in male smokers compared to non-smokers, and it is a key cause of erectile dysfunction (ED).

**Female infertility:**

Smoking is harmful to the ovaries, potentially causing female infertility, and the degree of damage is dependent upon the amount and length of time a woman smokes. Smoking increases the risk of an IVF pregnancy miscarriage by 30%.

**Psychological:**

Smokers often report that cigarettes help relieve feelings of stress. Dependent smokers need nicotine to remain feeling normal

Users report feelings of relaxation, sharpness, calmness, and alertness.

The usage of tobacco can also create cognitive dysfunction.

**Pregnancy:**

A number of studies have shown that tobacco use is a significant factor in miscarriages among pregnant smokers, and that it contributes to a number of other threats to the health of the fetus.

Environmental tobacco smoke exposure and maternal smoking during pregnancy have been shown to cause lower infant birth weights.

**Other harm:**

Smoking causes about 10% of the global burden of fire deaths, and smokers are placed at an increased risk of injury-related deaths in general.

Smoking increases the risk of symptoms associated with Crohn's disease.

Smoking leads to an increased risk of bone fractures, especially hip fractures.

It also leads to slower wound-healing after surgery, and an increased rate of postoperative healing complication.

**Reference Links:**

- [http://en.wikipedia.org/wiki/World\\_No\\_Tobacco\\_Day](http://en.wikipedia.org/wiki/World_No_Tobacco_Day)
- <http://www.who.int/campaigns/no-tobacco-day/2014/event/en/>
- [http://en.wikipedia.org/wiki/Health\\_effects\\_of\\_tobacco](http://en.wikipedia.org/wiki/Health_effects_of_tobacco)

**For any enquiry or assistance please contact:** [wellness@medicaretpa.co.in](mailto:wellness@medicaretpa.co.in)

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