Tobacco and Health

Prof. Md. Abul Kashem Khandaker
Tribute to a legend

National Prof. N. Islam Memorial Lecture
Tobacco and Health

Show the truth. Picture warnings save lives.

Make every day World No Tobacco Day.

World's 1st No Tobacco Day
7 April 1988
World Health Organization
Tobacco

Tobacco – is a plant grown for its leaves, which are smoked, chewed, or sniffed for a variety of effects.
FORMS OF TOBACCO CONSUMPTION

• Smokeless Tobacco
  - Chewing Tobacco
  - Snuff
  - Creamy Snuffs
  - Dipping Tobaccos
  - Gutka
  - Snus

• Burned Tobacco
  - Cigarette Smoking
  - Cigar Smoking
  - Beedi (Bidi)smoking
  - Kreteks
  - Hooka
Tobacco and Health

• Many people use smokeless tobacco products, such as snuff and chewing tobacco in the form of Gutkha, Khaini, Mawa, Pan masala etc.
Tobacco and Health

• Cigarette smoking is the most popular method of using tobacco which contains more than 4000 toxic chemicals & 60 carcinogens.
The Coming Epidemic

Rise in Smokers Worldwide

- **2000**: 1.1 billion smokers
- **2025**: 1.64 billion smokers
Chemical Contents of Tobacco

What’s in Tobacco?

- Tar: black sticky substance used to pave roads
- Nicotine: Insecticide
- Carbon Monoxide: Car exhaust
- Acetone: Finger nail polish remover
- Ammonia: Toilet Cleaner
- Cadmium: used batteries
- Ethanol: Alcohol
- Arsenic: Rat poison
- Butane: Lighter Fluid
Tobacco contains more than 19 known cancer causing chemicals (most are collectively known as "tar") and more than 4,000 other chemicals.
Tobacco is the largest single cause of health inequality in Bangladesh

- Currently, 43.3% of people (41.3 million) aged 15 years and above are using tobacco in some form or other.
- 44.7% of men, 1.5% of women and 23.0% overall (21.9 million) of this age group are currently smoking while
- 26.4% of men, 27.9% of women and 27.2% overall (25.9 million) are chewing tobacco.
A report of World Health Organization (WHO)

• 78.8% of the male slum dwellers in Dhaka and its adjacent areas are tobacco smokers.
A report of World Health Organization (WHO)

- 95% of the total drug addicts of the country smoke tobacco while in last 5 years the number of smokers has increased by 25 lacs.
A report of World Health Organization (WHO)

• Every year 2.5 lacs Bangladeshis die due to tobacco and the rate of death is 28 per hour.
Smoking can damage every part of the body !!!
Smoking causes ‘atherosclerosis’
Nicotine causes the blood clots & development of plaque which leads to Risk of heart attack.

Torn heart wall: Result of over-worked heart muscle

Smokers are *twice* as likely as Nonsmokers to have a heart attack

Quitting smoking rapidly reduces the risk of coronary heart disease
Poor blood circulation damages the blood vessel lead to death of body tissue which increases risk of ‘Gangrene’.
Smoking decreases the blood supply to your brain vessels.

This brain shows stroke damage, which can cause death or severe mental or physical disability.
Smokers are **10 times** likely to get lung emphysema than non-smokers

Healthy lung

Emphysematic lung

Symptoms Include

- ★ Shortness of breath
- ★ Chronic cough
- ★ Wheezing
- ★ Anxiety
- ★ Weight loss
- ★ Ankle, feet and leg swelling
- ★ Fatigue
Smokers are ten times likely to get lung cancer than non-smokers.

The uncontrolled growth of abnormal cells in one or both lungs.

Lung cancer kills more people than any other type of cancer.
Laryngeal Cancer

Symptoms:

- Persistent hoarseness
- Chronic sore throat
- Painful swallowing
- Pain in the ear
- Lump in the neck

Over 80% of deaths from laryngeal cancer are linked to smoking
Dental Problems:

Above: Cavities
Below: Gingivitis

Overall poor oral health

Common Consequences:
• Stained teeth
• Gum inflammation
• Black hairy tongue
• Oral cancer
• Delayed healing of the gums
Consequences of chewing tobacco:

Leukoplakia

Oral cancer
Fetal Damage:

Fetal Smoking Syndrome:

• Birth defects
• Premature stillbirth
• Low birth weight
• Prone to Sudden Infant Death Syndrome
• Lowered immune capacity
Secondhand smoke

Tobacco smoke harms the health of children
Tobacco and TB

- Smoking increases incidence, morbidity & mortality of clinical TB
  - Decreases immune response
  - Causes structural changes in respiratory tract

- India study (2003)
  - Ever smokers 3x more likely than never smokers to develop active TB
  - Smoking accounted for 50% of male TB deaths

(Benowitz, Arch Int Med 2004; Gajallakshmi, Lancet 2003)
Tobacco and HIV

- Smoking doubled the risk of developing TB in HIV+ patients

- Daily smoking reduced effectiveness of HAART (antiretroviral therapy) by 40%
WHAT’S NEW

- **Smoking** is a risk factor for dementia, and quitting could reduce the dementia burden.

- Second-hand smoke exposure may also increase the risk of dementia.

- 14% of Alzheimer’s disease cases worldwide are potentially attributed to smoking.
The poor tend to smoke the most

- Globally, **84%** of smokers live in developing & transitional countries
- High smoking rates strongly associated with less education
- Study in Chennai India found 64% of illiterate smoke, while 21% of those with 12+ yrs of schooling smoke
Tobacco use impoverishes individuals & families

- In poorest households, 10% of household expenditures go to cigarettes.

- In Bangladesh, over 10.5 million malnourished people could have an adequate diet, if they stopped smoking.
If smoking is so bad for us, why do we start?
Why do people smoke and chew?

- reduce stress
- Their parents do it
- Peer pressure
- Some people think it helps with weight control
- The unemployment and poverty
- Advertisements make it look attractive
TEENAGERS ARE EXPOSED TO BILLBOARD TOBACCO ADVERTISING AT AN ALARMING MAGNITUDE (DATA FROM THE GLOBAL YOUTH TOBACCO SURVEY)

Youth (13-15 years old) that noticed tobacco advertising on billboards during the last 30 days (%)

- ≤50
- 51–60
- 61–70
- >70
- Data not available
- Not applicable

Source: (30).

Notes: The range of survey years (data year) used for producing these maps is 2004-2011.
The following countries and territories have conducted subnational or regional level GYTS: Afghanistan, Algeria, Benin, Bolivia (Plurinational State of), Brazil, Burkina Faso, Cameroon, Central African Republic, Chile, China, Colombia, Democratic Republic of the Congo, Ecuador, Ethiopia, Gambia, Guinea-Bissau, Honduras, Iraq, Liberia, Mozambique, Nicaragua, Nigeria, Pakistan, Poland, Somalia, United Republic of Tanzania, Uzbekistan, Zimbabwe, and West Bank and Gaza Strip.
জামাকে ও বিষপান এ-ফুট বিষপান
আমন্ত্রিক
Framework Convention on Tobacco Control (FCTC)

- First international public health treaty
- Countries support the treaty by ratifying
- Objective: To protect present and future generations from the devastating health, social, environmental and economic consequences of tobacco consumption and exposure to tobacco smoke...
WHO REPORT ON THE GLOBAL TOBACCO EPIDEMIC, 2013

- Enforcing bans on tobacco advertising, promotion and sponsorship

The WHO FCTC recognizes that meaningful tobacco control must include the elimination of all forms of tobacco advertising, promotion and sponsorship.
Bangladesh anti-tobacco mass media campaign increases quit attempts
Enforce bans on tobacco advertising, promotion and sponsorship, 2012

Ban on all forms of direct and indirect advertising
Ban on national television, radio and print media as well as on some but not all other forms of direct and/or indirect advertising
Ban on national television, radio and print media only
Complete absence of ban, or ban that does not cover national television, radio and print media
Data not reported

Data Source: World Health Organization
Map Production: Public Health Information and Geographic Information Systems (GIS) World Health Organization

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• To combat the situation parliament enacted ‘Smoking and Using of Tobacco Products (Control) Act’ in 2005 and the Government formulated necessary rules in 2006.

• As per the law, smoking is prohibited in selected public places & public transports.

• Almost total ban on advertisement of tobacco products have been imposed.

• Rotated health warning on product packs has been ensured.
Protect citizens from exposure to tobacco smoke in workplaces, public transport and indoor public places.
Good Reasons for stop smoking

- I’ll Fell better, breathe easier, cough less and my energy will improve
- I’ll reduce the risk of serious illness
- I’ll live longer
- Food will taste better
- I’ll look better, no more burning holes in my clothes
- I’ll feel better about myself
- I’ll save money
- I won’t have to worry about impotence
- I won’t feel odd in public
- I won’t have to hide my habit from my children
- I’ll be a good role model for my children
- My children will have fewer ear and respiratory infections
- My spouse will be less likely to develop heart disease or, lung cancer.
Methods of quitting...

• Tapering of s-l-o-w-l-y
• Limit drinking tea or coffee
• Avoid alcohol, soft drinks
• Meditation - learn to relax
• Avoid stressful lifestyle
• Do not skip meals
• Stop smoking totally at once: best method
• Nicotene Replacement Therapy
Nicotine Replacement Therapy (NRT)

NRT is currently available as:

1. Patches
2. Chewing gums
3. Pills (Bupropion) - is a non-nicotine treatment license for use in India
Education and counseling by physicians....

Stop Smoking and Stay Healthy

Make every day World No Tobacco Day.
THANK YOU

THE END