

TOBACCO AND HEALTH

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TOBACCO SMOKE

- **Consists of approximately 4000 compounds**
- **Separated into:**
 1. **Gaseous phase**
 - **Carbon monoxide and dioxide, ammonia, nitrogen oxides, nitrosamines, etc.**
 2. **Particulate phase**
 - **NICOTINE**
 - **Tar-containing polycyclic aromatic hydrocabons**

- **Mainstream Smoke...**

- **Inhaled by smoker**



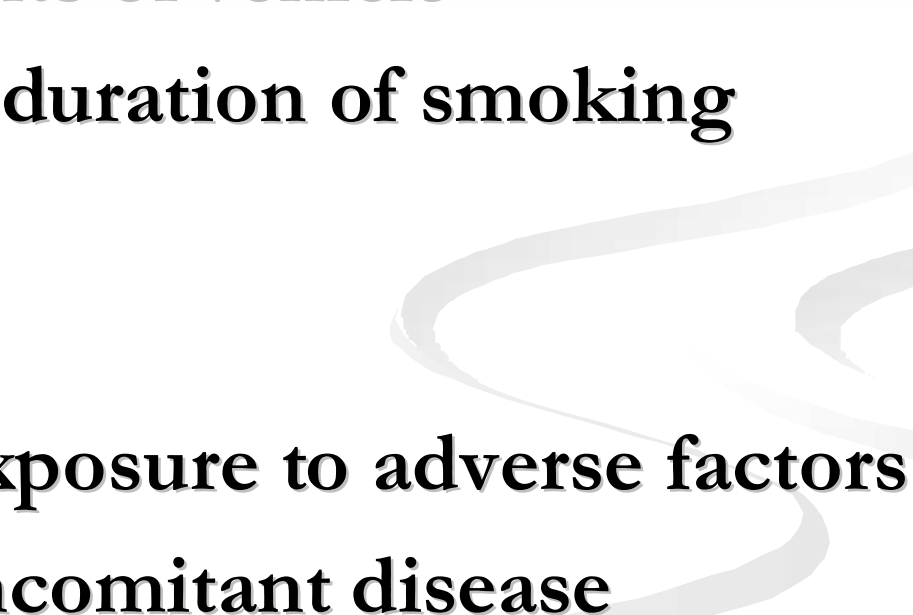
- **Side stream Smoke...**

- **Emitted from lighted tip of cigarette**

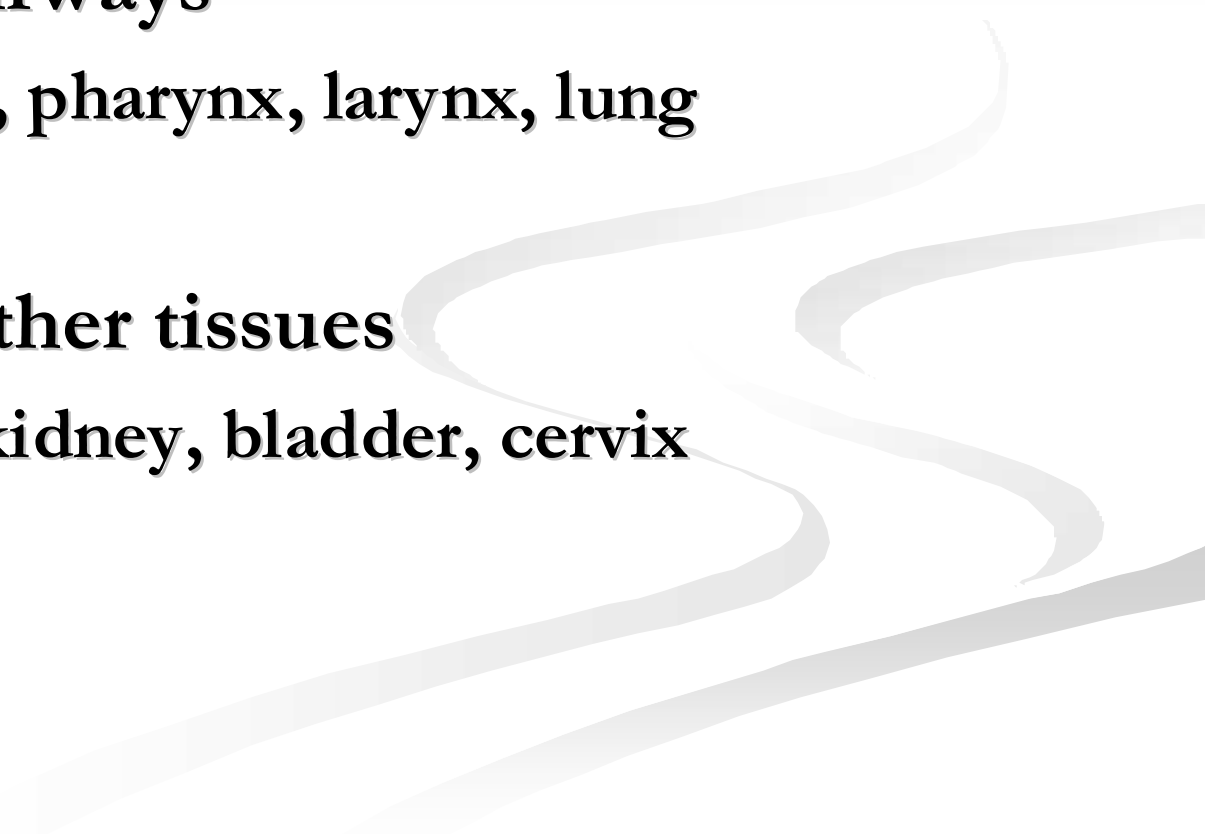


IMPACT OF SMOKING TOBACCO

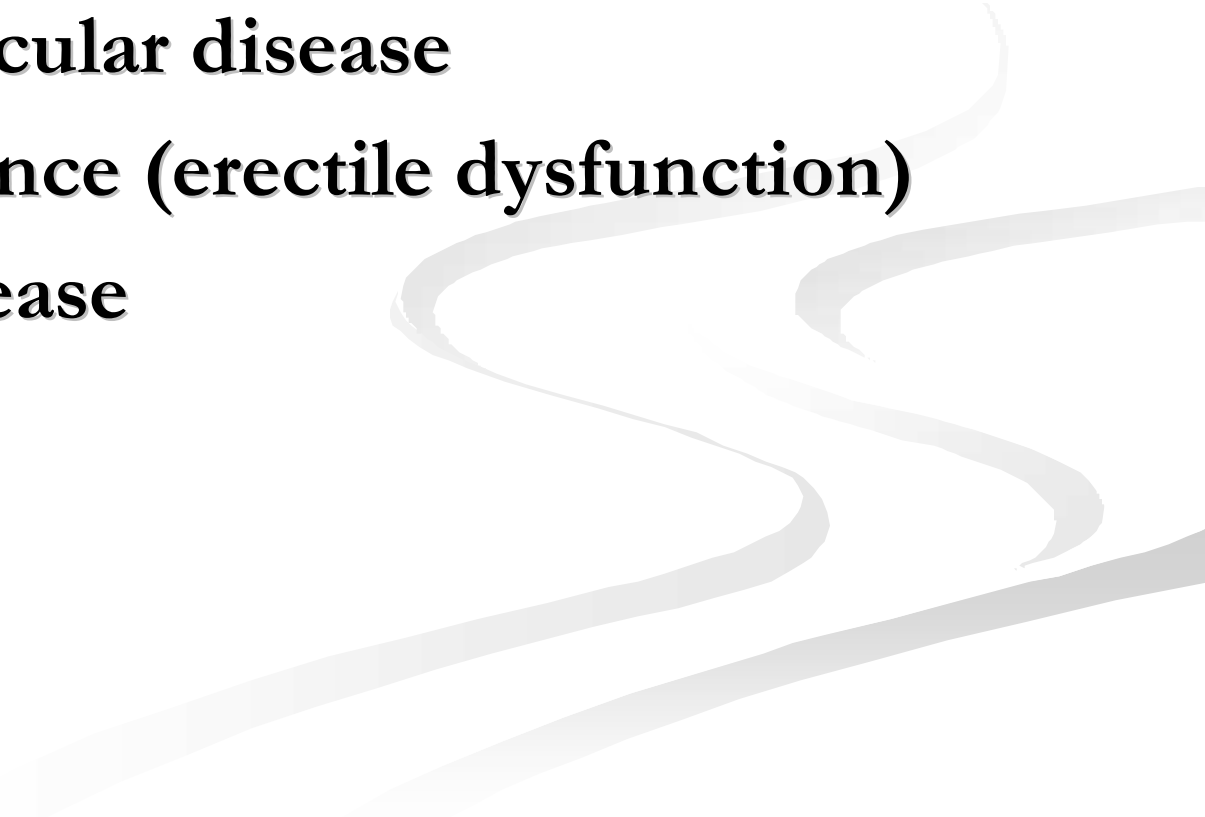
Determining Factors:

- Method of smoking
 - Tobacco contents of vehicle
 - Frequency and duration of smoking
 - Age of smoker
 - Sex of smoker
 - Concomitant exposure to adverse factors
 - Presence of concomitant disease
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HEALTH RISK OF TOBACCO USE

- **Development of Cancers:**
 - **Arising in airways**
 - **Oral cavity, pharynx, larynx, lung**
 - **Arising in other tissues**
 - **Pancreas, kidney, bladder, cervix**
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DEVELOPMENT OF CARDIO-VASCULAR DISEASES

- **Coronary heart disease**
 - **Cerebro-vascular disease (strokes)**
 - **Peripheral vascular disease**
 - **Sexual impotence (erectile dysfunction)**
 - **Buerger's Disease**
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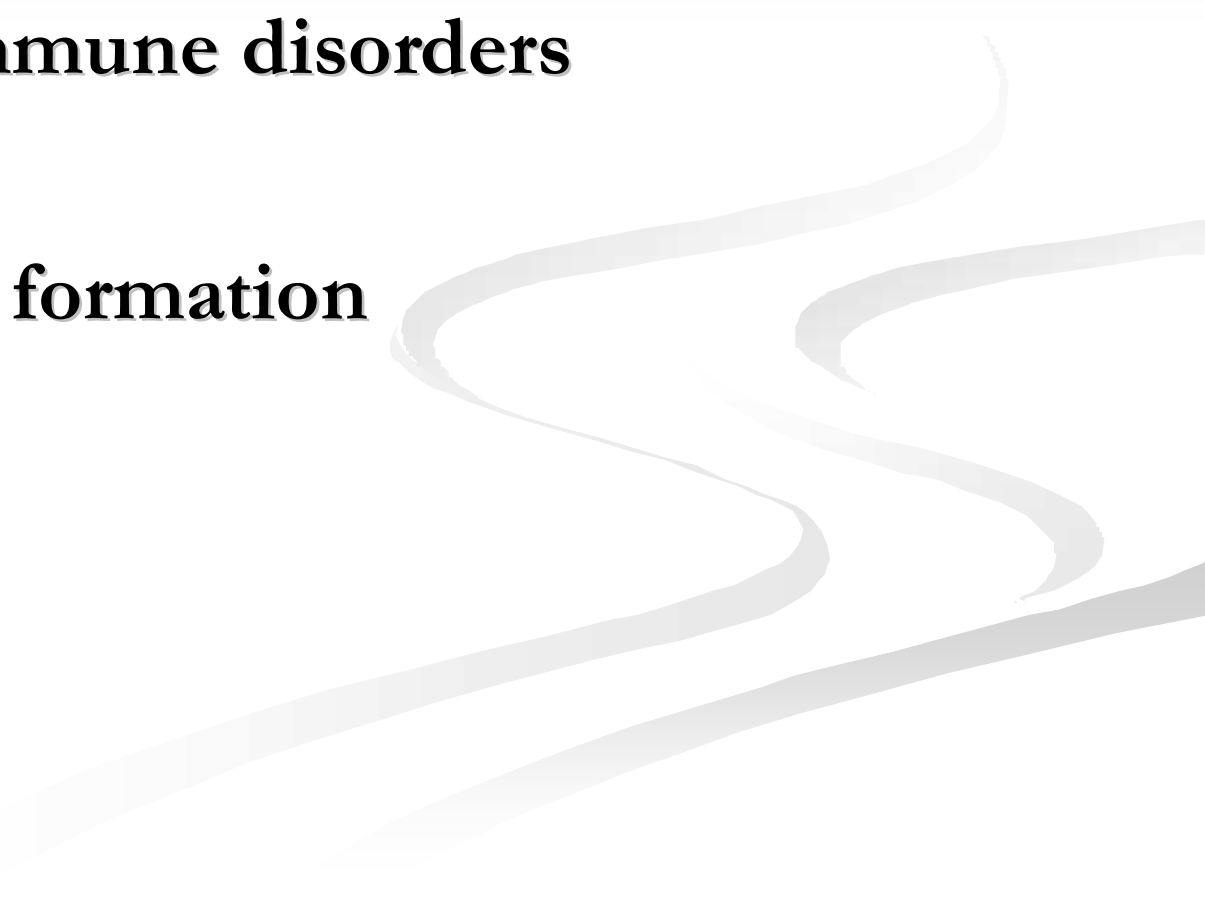
CHRONIC LUNG DISEASE

- **Chronic obstructive pulmonary disease**
(chronic bronchitis and emphysema)
 - **Bronchial asthma**
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PREGNANCY-RELATED DISORDERS

- **Maternal:**
 - **Decreased fertility**
 - **Increased abortions**
 - **Increased incidence of complications**
- **Foetal and neonatal:**
 - **Increased foetal and neonatal deaths**
 - **Increased prematurity**
 - **Low birth weight**
 - **Retarded mental development**

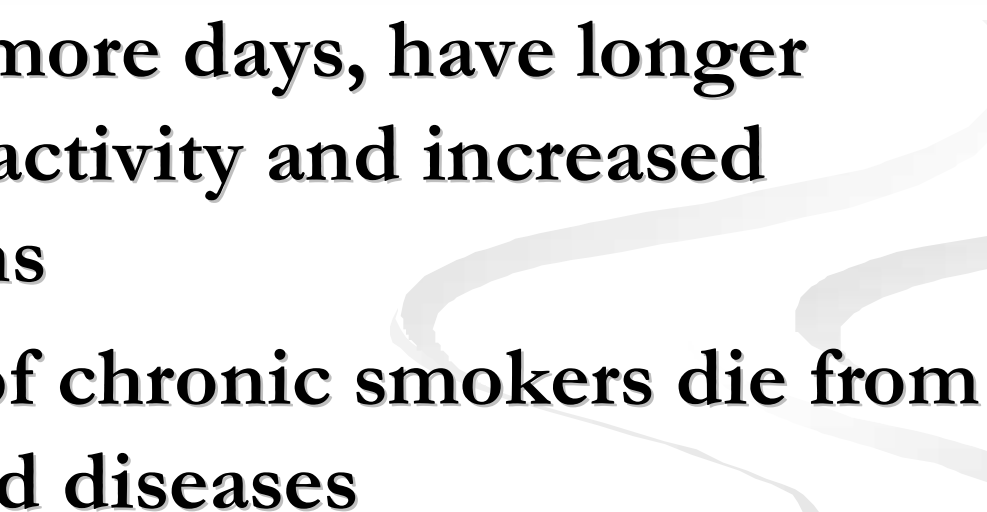
OTHER DISORDERS

- **Chronic peptic ulcer disease**
 - **Allergy and immune disorders**
 - **Increased clot formation**
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MISCELLANEOUS DATA ON USE OF TOBACCO

- **Cigarette-smoking is major contributor to tobacco-related diseases**
- **Women are at particular risk from cigarette smoking –**
 - **risk for coronary heart disease greater among women who smoke and use oral hormone contraceptives**
 - **development of pregnancy-related disorders**

MISCELLANEOUS DATA ON USE OF TOBACCO (cont'd)

- **Recovery period from acute respiratory infections prolonged**
 - **Smokers lose more days, have longer limitations of activity and increased hospitalisations**
 - **At least 50% of chronic smokers die from tobacco-related diseases**
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■ TOBACCO SMOKING IS MAJOR CONTRIBUTOR TO PREMATURE DEATHS:

- Smokers of low tar and low nicotine cigarettes have overall mortality of 50% greater than non-smokers**
- Excess of deaths greatest in 45 – 54 year age-group**

MISCELLANEOUS DATA ON USE OF TOBACCO (cont'd)

- **Approximately one-third of all cancers in the world are attributable to use of tobacco**
- **Cigarette smoking is major contributor to cardiovascular deaths**
- **Passive smokers are at risk for smoking-related diseases**

MISCELLANEOUS DATA ON USE OF TOBACCO (cont'd)

- Use of tobacco is second leading cause of world-wide mortality
- Risk from smoking-related diseases decreases steadily after cessation of smoking
- Tobacco use is the greatest single preventable cause of death.

NO SMOKING, PLEASE

