

THE SMOKER'S BODY

Every 6.5 seconds someone dies from tobacco use, says the World Health Organization. Research suggests that people who start smoking in their teens (as more than 70 percent do) and continue for two decades or more will die 20 to 25 years earlier than those who never light up. It is not just lung cancer or heart disease that causes serious health problems and death. Below, some of smoking's less publicized side effects – from head to toe.

1. Hair loss

Smoking weakens the immune system, leaving the body more vulnerable to diseases such as lupus erythematosus, which can cause hair loss, ulcerations in the mouth and rashes on the face, scalp and hands.

3. Wrinkling

Smoking prematurely ages skin by wearing away proteins that give it elasticity, depleting it of vitamin A and restricting blood flow. Smokers' skin is dry, leathery and etched with tiny lines, especially around the lips and eyes.

5. Cancer

More than 40 chemicals in tobacco smoke have been shown to cause cancer. Smokers are some 20 times more likely to develop lung cancer 5a than non-smokers. And according to many studies, the longer one smokes, the greater the risk of developing cancers at several sites, including a two-fold risk of developing cancer of the nasal and paranasal cavities 5b; cancer of the oral cavity 5c (4 to 5 times); two-fold risk of developing cancer of nasopharynx; oro and hypopharynx (4 to 5 times); larynx (10 times); oesophagus (2 to 5 times); stomach 5d (2 times); pancreas 5e (2 to 4 times). Some recent studies have also suggested a link between heavy smoking and breast cancer 5f, and smoking cessation substantially reduces the risk for most of the above-mentioned smoking related cancers.

7. Emphysema

In addition to lung cancer, smoking causes emphysema, a swelling and rupturing of the lung's air sacs that reduces the lungs' capacity to take in oxygen and expel carbon dioxide. In extreme cases, a tracheotomy allows patients to breathe. An opening is cut in the windpipe and a ventilator to force air into the lungs (see image). Chronic bronchitis (not shown) creates a build-up of pus-filled mucus, resulting in a painful cough and breathing difficulties.

9. Heart disease

One out of three deaths in the world is due to cardiovascular diseases. Smoking is one of the biggest risk factors for developing cardiovascular diseases. These diseases kill more than a million people a year in developing countries. Smoking-related cardio-vascular diseases kill more than 600,000 people each year in developed countries. Smoking makes the heart beat faster, raises blood pressure and increases the risk of hypertension and clogged arteries and eventually causes heart attacks and strokes.

11. Discoloured fingers

The tar in cigarette smoke collects on the fingers and fingernails, staining them a yellowish-brown.

13. Deformed sperm

Smoking can deform sperm and damage its DNA, which could cause miscarriage or birth defects. Some studies have found that men who smoke have an increased risk of fathering a child who contracts cancer. Smoking also diminishes sperm count and reduces the blood flow to the penis, which can cause impotence. Infertility is more common among smokers.

15. Buerger's disease

Buerger's disease, also known as thromboangitis obliterans, is an inflammation of the arteries, veins, and nerves in the legs, principally, leading to restricted blood flow. Left untreated, Buerger's disease can lead to gangrene (death of body tissue) and amputation of the affected areas.

2. Cataracts

Smoking is believed to cause or worsen several eye conditions. Smokers have a 40 percent higher rate of cataracts, a clouding of the eye's lens that blocks light and may lead to blindness. Smoke causes cataracts in two ways: by irritating the eyes and by releasing chemicals into the lungs that then travel up the bloodstream to the eyes. Smoking is also associated with age-related macular degeneration, an incurable eye disease caused by the deterioration of the central portion of the retina, known as the macula. The macula is responsible for focusing central vision in the eye and controls our ability to read, drive a car, recognize faces or colours, and see objects in fine detail.

4. Hearing loss

Because smoking creates plaque on blood vessel walls, decreasing blood flow to the inner ear, smokers can lose their hearing earlier than non-smokers and are more susceptible to hearing loss caused by ear infections or loud noise. Smokers are also three times more likely than non-smokers to get middle ear infections that can lead to further complications such as meningitis and facial paralysis.

6. Tooth decay

Smoking interferes with the mouth's chemistry, creating excess plaque and yellowing teeth. There is some evidence that smoking contributes to tooth decay. Smokers are one and half times more likely to lose their teeth.

8. Osteoporosis

Carbon monoxide, the main poisonous gas in car exhaust fumes and cigarette smoke, binds to blood much more readily than oxygen, cutting the oxygen-carrying power of heavy smokers' blood by as much as 15 percent. As a result, smokers' bones lose density, fracture more easily and take up to 80 percent longer to heal. Smokers may also be more susceptible to back problems: one study shows that industrial workers who smoke are five times as likely to experience back pain after an injury.

10. Stomach ulcers

Smoking reduces resistance to the bacteria that cause stomach ulcers. It also impairs the stomach's ability to neutralize acid after a meal, leaving the acid to eat away the stomach lining. Smokers' ulcers are harder to treat and more likely to recur.

12. Cervical cancer and miscarriage

Besides increasing the risk of cancer of the uterine cervix, smoking can lead to fertility problems for women and complications during pregnancy and childbirth. Smoking during pregnancy increases the risk of low weight babies and future ill health consequences. Miscarriage is 2 to 3 times more common in smokers, as are stillbirths due to fetal oxygen deprivation and placental abnormalities induced by carbon monoxide and nicotine in cigarette smoke. Sudden infant death syndrome is also associated with smoking. In addition, smoking can lower estrogen levels causing premature menopause.

14. Psoriasis

Smokers seem to be more likely to develop psoriasis, a noncontagious inflammatory skin condition that leaves itchy, oozing red patches all over the body.



ICB, Department of Public Health
Ministry of Health
www.health.gov.lk



Tobacco Free Initiative
World Health Organization
<http://www.who.int/tobacco>

HARMFUL EFFECTS OF TOBACCO USE

Tobacco use causes various cancers of the body including lung cancer, cancer of mouth, throat and esophagus, bladder, kidney, liver, cervix, stomach, colon and rectum and different types of leukaemia.



WARNING:
SMOKING CAUSES
92% OF ORAL CANCERS



SMOKING
CAN CAUSE
A SLOW AND
PAINFUL
DEATH

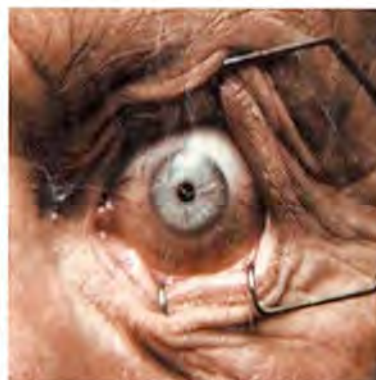


WARNING:
SMOKING CAUSES
MOUTH DISEASES

Tobacco use is a major risk factor for peripheral vascular disease, a narrowing of the blood vessels that carry blood to the leg and arm muscles.



WARNING:
SMOKING CAUSES GANGRENE



**SMOKING
CAUSES
BLINDNESS**



Smoking clogs the arteries
and causes heart attacks
and strokes



Harmful substances found in “smoking-tobacco” and various other products

Tobacco smoke contains over 4,000 different chemicals. At least 50 are known to cause cancer in humans and many are poisonous.

acetone (finger nail polish remover)	cadmium (used in batteries)	hexamine (barbecue lighter)
acetic acid (vinegar)	carbon monoxide (car exhaust)	hydrogen cyanide (poison)
ammonia (toilet cleaner)	radioactive compounds (nuclear weapons)	methane (sewer gas)
arsenic (poison)	DDT/Dieldrin (used to kill bugs)	methanol (rocket fluid)
butane (lighter fluid)	ethanol (alcohol)	naphthalene (mothballs)
nicotine (insecticide)	stearic acid (candle wax)	toluene (industrial solvent)



Harmful substances found in “chewing-tobacco” and various other products

Chewing tobacco and snuff contain 28 cancer-causing agents.

nicotine (insecticides)	arecoline (cancer-producing chemical)	lime (mortar/cement)
menthol (local anaesthetic)	cadmium (car batteries)	formaldehyde (body preservative)
	lead (paint)	



within 20 minutes of quitting...

Within 20 minutes *after you smoke that last cigarette*, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate drops.

12 hours After Quitting

Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.
Your lung function begins to improve.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.









**SECOND-HAND SMOKE...
it hurts everybody**



Let's clear the air

*Regular passive smoking can
increase your risks of:*

-  *Lung cancer by 20-30%*
-  *Heart diseases by at least 25%*
-  *Asthma by 40-60%*
-  *Stroke by 80%*

*You are exposing your child to
the risk of:*

-  *Bronchitis & pneumonia*
-  *Asthma*
-  *Ear infections*
-  *Cancer*



འབྲུག་རྒྱལ་ཡོངས་ཚོས་ཀྱི་དབུ་ལྷིང།

། རང་ཅག་རྣམས་ འབྲུག་ཚོས་ལྡན་གྱི་རྒྱལ་ཁབ་ནང་སྐྱེས་པའི་མི་ཡིན་སྟབས་ དགོ་སྲིད་སྤྲོད་སྲོད་གི་
 བྱ་བ་རྣམས་ དམ་པའི་ཚོས་དང་མཐུན་པར་བྱ་དགོས་པ་ ཉ་ཅང་གིས་གཤམ་ཆེ་བ་ལ་བརྟེན་ནས་བདུན་
 ཀྱི་མཐུ་ལས་སྐྱེས་པའི་ཇུས་ངན་ཉམ་ཁུ་ཞེས་བྱ་བ་དེ་ གང་ནས་དཔུང་གུང་ མི་གཙང་བའི་ཇུས་ངན་
 དུག་གི་རང་བཞིན་ཡིན་པ་མ་ཟད།

ཨོ་རྒྱན་སངས་རྒྱལ་གཉིས་པའི་གཏེར་ལུ་ཚད་ལྡན་རྣམས་ཀྱི་ནང་ ཇུས་ངན་འདི་ཉིད་འོངས་སྤྱོད་པར་
 བྱེད་ན་ ཐམས་ཅད་ཚོ་འདི་ལྟེ་གཉིས་ཀར་ལུང་བའི་ཉེས་དམིགས་ཤིན་ཏུ་ཆེ་བ་ཡོད་ཚུལ་ ཡང་བསྐྱར་
 གསུངས་འདུག་པ་ལ་བརྟེན་ཨོ་རྒྱན་རིན་པོ་ཆེའི་སྐུས་གནས་ཁུང་པར་ཅན་ དཔལ་ལྡན་འབྲུག་པའི་
 གཞུལ་ཞིང་སྤྲོན་ཚུངས་ཅན་དན་བཀོད་པའི་རྒྱལ་ཁབ་འདི་ནང་སྐྱེས་པའི་མི་ དག་ཞན་མཚོག་དམན་
 ཡོངས་ཀྱིས་ཇུས་ངན་ཉམ་ཁུ་འདི་སྤོངས་དགོས་པའི་སེམས་དེས་གྱིས། ཞེས་ཇོ་མཆན་ནས་ རང་
 ལུགས་གནམ་ལོ་མེ་སྤང་བྱེད་པའི་ཚོས་ ༢༢ པ་སྟེ།

ལྷུ་ལྷུ་ འཇིགས་མེད་ ཚོས་བྲགས།
 ཇོ་མཆན་གྱི་རབས་བདུན་བཟུང་།



Issued in the interest of the general public by ICB, DoPH, Ministry of Health, Thimphu.





As citizens of a unique Buddhist Kingdom, we are strongly guided in our actions by our religion.

The teachings of the Buddha and Guru Rinpoche condemn the use of any form of tobacco. They clearly mention that the use of tobacco will result in the accumulation of demerits for which the abuser must suffer both in this life and the next. The demerits inherent in the abuse of tobacco will affect all, whether high or low.

As tobacco stems from the very root of evil and is in every way poisonous and unclean, it is imperative that we acknowledge this fact and shun the use of all forms of tobacco.

Trulku Jigme Choeda
The Je Khenpo
Chairman, National Ecclesiastical Body



Issued in the interest of the general public by ICB, DoPH, Ministry of Health, Thimphu.



**LET US JOIN HANDS TO
CREATE AND MAINTAIN A
“TOBACCO FREE BHUTAN”
FOR THE HEALTH AND WELLBEING
OF OUR FUTURE GENERATIONS**



ཏམ་ཁུ་བཀག་ཉམ་དང་ ཚོང་འབྲེལ་རྩ་མེད་གྱི་དོན་ལས་
རྒྱབ་སྐྱོར་གནང་མི་ལུ་ བཀའ་འདྲིན་ཆེ།

**Thank you for
supporting
Ban on sale of
Tobacco products**

