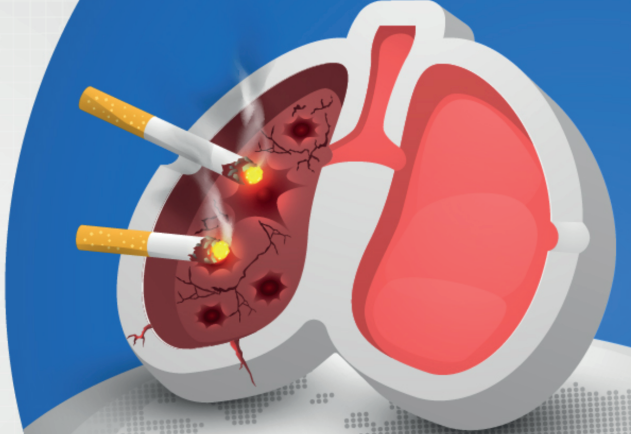


World No Tobacco Day



The World's No Tobacco Day 2021, is on 31 May under the theme “**Commit to Quit**”, aims to support 100 million people worldwide in their attempt to give up tobacco use through various initiatives and create healthier environments that help in quitting tobacco by:

- Advocating for strong tobacco cessation policies
- Promoting increased access to cessation services
- Raising awareness of tobacco industry tactics
- Empowering tobacco users to make successful attempts to quit through “quit & win” initiatives.

What is tobacco?

Tobacco is a plant grown for its leaves, which are dried and fermented before being put in tobacco products. Tobacco contains nicotine, an ingredient that can lead to addiction, which is why so many people who use tobacco find it difficult to quit. There are also many other potentially harmful chemicals found in tobacco or created by burning it.



How can tobacco affect your body?



- **Brain:** Nicotine immediately stimulates the adrenal glands to release the hormone epinephrine (adrenaline) when entering the blood. Epinephrine stimulates the central nervous system and increases blood pressure, breathing, and heart rate.
- **Heart & Blood Vessels:** Nicotine causes blood vessels to constrict or narrow, which limits the amount of blood that flows to the organs. Over time, the constant constriction results in blood vessels that are stiff and less elastic. Constricted blood vessels decrease the amount of oxygen and nutrients in cells. Therefore the heart rate and blood pressure may increase and the risk of microinfarction will be increase.
- **Lungs:** Smoking harms the lung capacity. The tar in cigarette smoke coats the lungs and makes the air sacs less elastic. Smoking also produces phlegm that can make the lungs congested. Smoking even a few cigarettes a day can decrease the body's ability to use oxygen effectively.
- **Gum Disease:** Smoking contributes to periodontist, a gum infection that destroys the bone that supports the teeth. It is a major cause of tooth loss in adults.

Quitting smoking and its benefits

Quitting smoking is one of the most important actions people can take to improve their health, regardless of their age or how long have they been smoking.



Quitting smoking:

- Improves health status and enhances the quality of life.
- Reduces the risk of premature death and can add as much as 10 years to life expectancy.
- Reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
- Benefits people already diagnosed with coronary heart disease or COPD.
- Benefits the health of pregnant women and their fetuses and babies.
- Reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.

Quitting smoking reduces the risk of different cancers, including:

- Leukaemia
- Bladder
- Cancer of the lung
- Cervix
- Colon and rectum
- Oesophagus
- Kidney, pancreas stomach, and Liver
- Mouth, throat, and larynx

Points to Remember

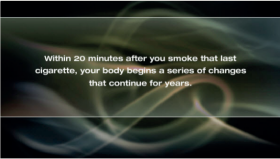
- Second-hand smoke can lead to lung cancer and heart disease as well as other health effects in adults and children.
- Both behavioural treatments and medication can help people quit smoking, but the combination of medication with counselling is more effective than either alone.
- Nicotine overdose is possible, though it usually occurs in young children who accidentally chew on nicotine gum or patches or swallow e-cigarette liquid.



References



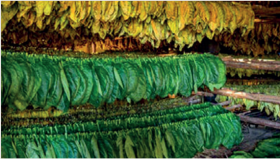
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Benefits of Quitting | Smoking & Tobacco Use | CDC



Health Benefits of Quitting Smoking Over Time



Cigarettes and Other Tobacco Products DrugFacts | National Institute on Drug...