فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

فقيه

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Smoking

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Introduction:

1. The use of tobacco products is a major preventable risk factor, posing significant risks to human health and life.
2. Tobacco results in the death of more than 8 million people a year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 mzillion are the result of non-smokers being exposed to second-hand smoke (Indirect exposure to smoking, such as sitting with smokers).
3. In 2020, tobacco users amounted to 22.3% of the world's population; 36.7% of men and 7.8% of women from around the world.
4. Tobacco usage incurs significant economic costs, including healthcare expenses for treating tobacco-related diseases and loss of human capital due to mortality. [World Health Organization]

Tobacco components:

Tobacco smoke is made up of more than 7,000 chemicals, many of which are considered carcinogens:

1. Carbon monoxide, which reduces the efficiency of blood in transferring oxygen to cells.
2. Nicotine, known to cause narrowing of arteries and addiction.
3. Tar, a contributor to lung cancer and pulmonary embolism.
   (Centers for Disease Control and Prevention)

Forms of Tobacco Use:

Cigarettes, cigars, e-cigarettes, hookahs, vapes, and more.

1. Although electronic cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, it still poses a risk factor for future use of burned tobacco cigarettes, as well as carrying a risk of explosion.
2. While smoking a hookah (Shisha) for an hour is approximately equivalent to smoking 200 cigarettes
   (Centers for Disease Control and Prevention)

Dangers of Smoking:

It is a well-known fact that smoking harms human physical, mental, and financial health, as well as the health of those around them who inhale cigarette smoke (secondhand smoke).

Most smokers are aware of this fact; however, they basically need help to overcome this detrimental habit, overcome the intense desire to smoke and control their withdrawal symptoms.

1. Cardiovascular diseases.
2. Respiratory diseases.
3. Cancers.
4. Diabetes.
5. Infections.
6. Osteoporosis.
7. Genital disorders.
8. Intestinal ulcer disease.
9. Periodontal disease.
10. Eye disorders.
11. Post-operative complications.
12. Rheumatoid arthritis.
13. Others.

Tobacco and Pregnancy:

1. Smoking during pregnancy causes major problems, including preterm delivery and some birth defects, and it may lead to abortion.
2. Smoking can lead to abortion.
3. Smoking can lead to placental problems.
4. Smoking during pregnancy and after pregnancy can lead to Sudden Infant Death Syndrome (SIDS).
5. Congenital defects, such as cleft lip or palate.

Secondhand Smoke and its impact on maternal and child health:

1. Pregnant women who are exposed to smoking are more likely to give birth to a low-weight child.
2. Children who are more exposed to smoking are more likely to ear infections and asthma attacks.
3. Children who are exposed to smoking are more likely to die from sudden infant death syndrome.

Benefits of Quitting Smoking:

Health Benefits of quitting smoking	Smoking is considered a global epidemic, and its health risks increase as a person smokes more cigarettes. However, if they quit smoking, their body will experience positive health improvements at different stages over time.
Time Period after quitting smoking	**Health Benefits**
After 20–30 minutes	Blood pressure decreases, heart rate slows down, and the temperature in the hands and legs improves.
8 hours	The level of carbon monoxide in the blood decreases while the level of oxygen increases.
48 hours	After 48 hours, the sense of taste and smell improves.
72 hours	The trachea relaxes.
From two weeks to three months	Blood circulation, lung function and body capabilities improve.
From month to nine months	Coughing and sinus congestion decrease, the lungs are able to clear sputum and become clean and healthy, and overall energy levels improve.
One year	The risk of heart diseases becomes half of that of a person who smokes.
5 years	• The risk of stroke decreases and becomes comparable to that of a non-smoker. • The risk of oral, laryngeal and esophageal cancer reduced by half. • The risk of cervical cancer is reduced so that it becomes comparable to non-smoker.
10 years	• The risk of lung cancer is reduced to around half of a person who smokes. • The risk of pancreatic cancer becomes comparable to the risk of a non-smoker.
15 years	The risk of heart disease and death becomes almost like that of a non-smoker.

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5 Steps to Quit Smoking:

1. Get ready.
2. Get support.
3. Learn to exercise new skills and behaviors.
4. Take and properly use the medications.
5. Be prepared for relapses.

1. Get Ready:

- Set a date for quitting smoking.
- Change your environment [get rid of all cigarettes and ashtrays in your home, vehicles and workplace and do not allow people to smoke in your home].
- Review your previous attempts to quit smoking, think about what you have done and what you haven't.
- Once you quit, do not smoke, not even a puff.

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2. Get support and encouragement:

- Tell your family, friends and co-workers and ask them not to smoke around you.
- Follow up with the health care provider.

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3. Learn new skills and behaviours:

When you first try to quit smoking, try to change your routine [for example, drink tea instead of coffee, go for a walk and exercise, drink plenty of water and fluids, take a hot bath, and read a book].

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4. Get the Medications:

The United State for Food and Drug Administration has approved a set of medications that help quit smoking.

- Bupropion.
- Gum.
- Lozenges.
- Skin patches.
- Nasal nicotine spray.
- Nicotine oral inhaler.
- Varenicline.

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5. Be prepared for relapse:

Most relapses and returns to smoking occur within the first three months. Among the things you may face are:

- Other smokers.
- Weight gain.
- Depression and bad mood.

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