

SMOKING & QUITTING

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Tobacco is a plant that contains nicotine, is a potent parasympathomimetic alkaloid found in the nightshade family of plants (*Solanaceae*). Tobacco is most commonly smoked in cigarettes



Tobacco is grown in many countries (around 125). China, India, Brazil and the United States are among the leading producers of tobacco.

Top Tobacco Producers,	
Country	Production (tonnes)
 China	3,200,000
 India	875,000
 Brazil	810,550
 United States	345,837
 Indonesia	226,700
 Malawi	151,150
 Argentina	148,000
 Tanzania	120,000
 Zimbabwe	115,000
World	7,490,661.35

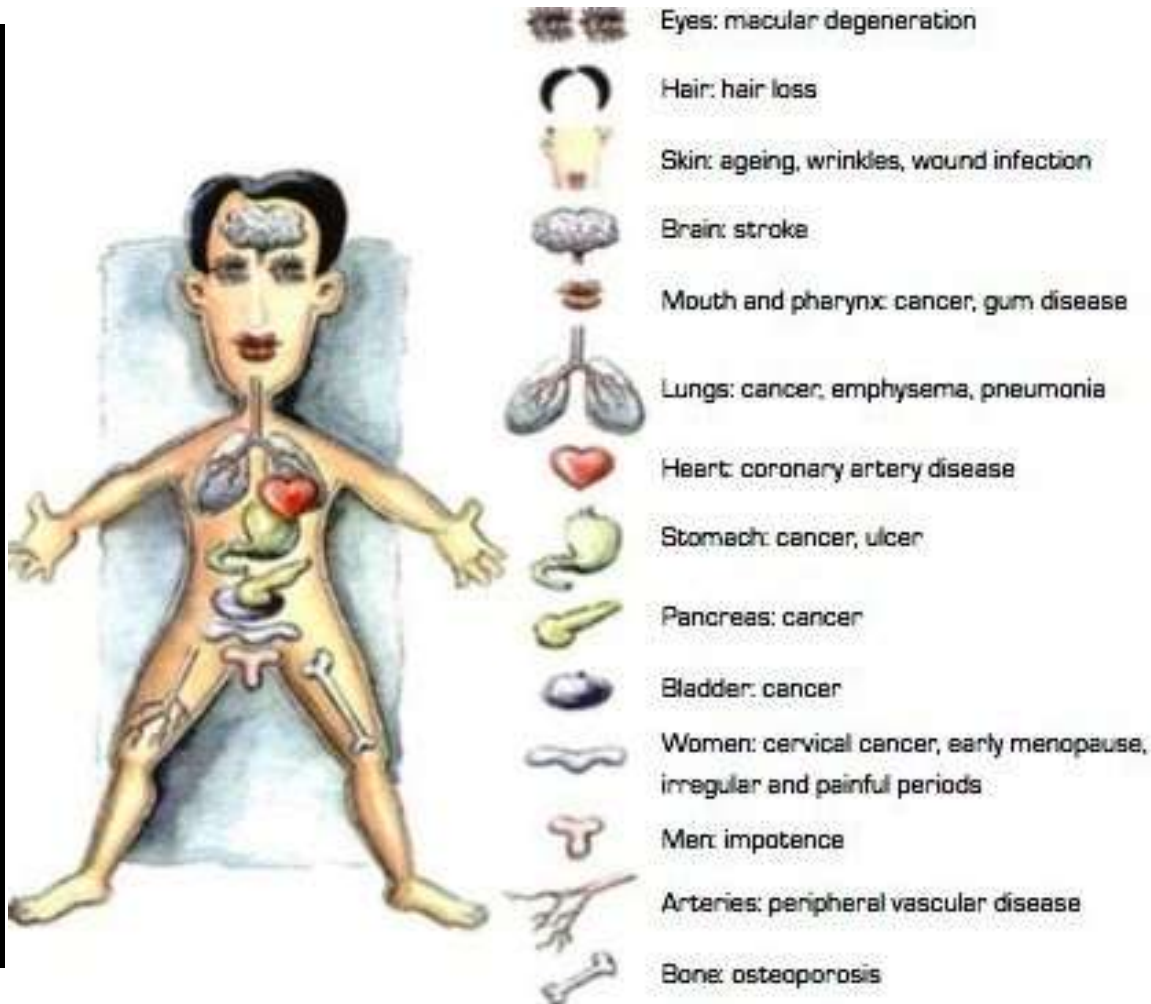
- A cigarette is a rolled up piece of paper containing tobacco, a variety of additives, often with a filter. The addictive nicotine is contained in the tobacco.



What is in a Cigarette?



1. Principal fatal diseases caused by smoking are cancers, Chronic obstructive pulmonary disease and cardio-vascular diseases.
2. In addition, smoking is an important cause of morbidity.
3. Risks are dose and duration dependent.
4. On average, cigarette smokers lose 7.5 years of life.



Active smoking Vs. Passive smoking

DISEASES CAUSED BY SMOKING

CANCERS

Larynx
 Oropharynx
 Oesophagus
 Trachea, bronchus or lung
 Acute myeloid leukemia
 Stomach
 Pancreas
 Kidney and Ureter
 Colon
 Cervix
 Bladder



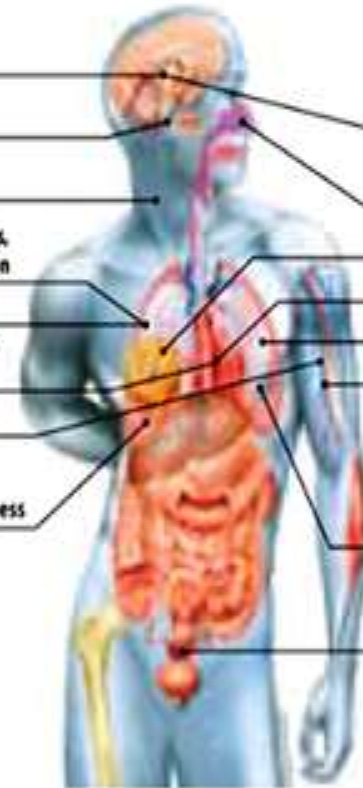
CHRONIC DISEASES

Stroke
 Blindness, Cataracts
 Periodontitis
 Aortic aneurysm
 Coronary heart disease
 Pneumonia
 Atherosclerotic peripheral vascular disease
 Chronic obstructive pulmonary disease (COPD), asthma, and other respiratory effects
 Hip fractures
 Reproductive effects in women (including reduced fertility)

DISEASES CAUSED BY SECOND-HAND SMOKE

CHILDREN

Brain tumours*
 Middle ear disease
 Lymphoma*
 Respiratory symptoms, impaired lung function
 Asthma*
 Sudden Infant Death Syndrome (SIDS)
 Leukemia*
 Lower respiratory illness



ADULTS

Stroke*
 Nasal irritation, Nasal sinus cancer*
 Breast cancer*
 Coronary heart disease
 Lung cancer
 Atherosclerosis*
 Chronic obstructive pulmonary disease (COPD)*, Chronic respiratory symptoms*, Asthma*, Impaired lung function*
 Reproductive effects in women: Low birth weight; Pre-term delivery*

Effects of quitting

20 minutes:

Blood pressure and pulse rate drops to normal;

8 hours:

Oxygen level increases to normal & carbon monoxide level drops in blood.

24 hours:

Chance for a heart attack goes down.

48 hours:

Ability to smell and taste improves; walking is becoming easier.

2 weeks to 3 months:

Blood circulation improves. No more cold hands and cold feet. Lung function increased up to 30%.

1 month to 9 months:

Coughing, sinus congestion and shortness of breath have decreased dramatically.

1 year:

Risk of coronary heart disease is cut in half.

5 years:

Risk of stroke reduced to that of a nonsmoker. Risk of cancers of the mouth, throat and esophagus cut in half. Risk of lung cancer reduced in half.

10 years:

Risk of dying from lung cancer is cut in half

15 years:

Risk for coronary heart disease and stroke is the same as for a lifelong nonsmoker.

**Quit Smoking
or Die Trying**



Thanks for listening