

The Benefits and Health Effects of Quitting Tobacco Smoking

By

Group 3

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Introduction

Every 6.5 seconds someone dies of tobacco use says the World Health Organization

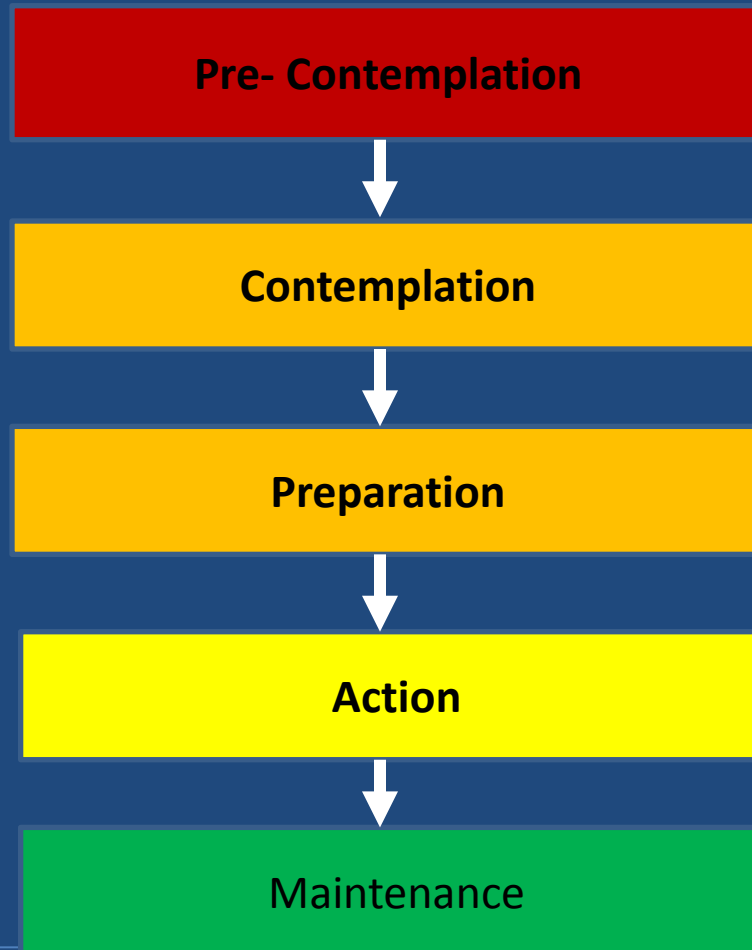
Goal Statement

- Tobacco use kills more than 5 million people per year
- Accounts for more than 10% adult deaths
- Single most preventable cause of death
- Goal is to persuade undergraduates to quit smoking
- To protect us from socio-economic and health consequences due to tobacco

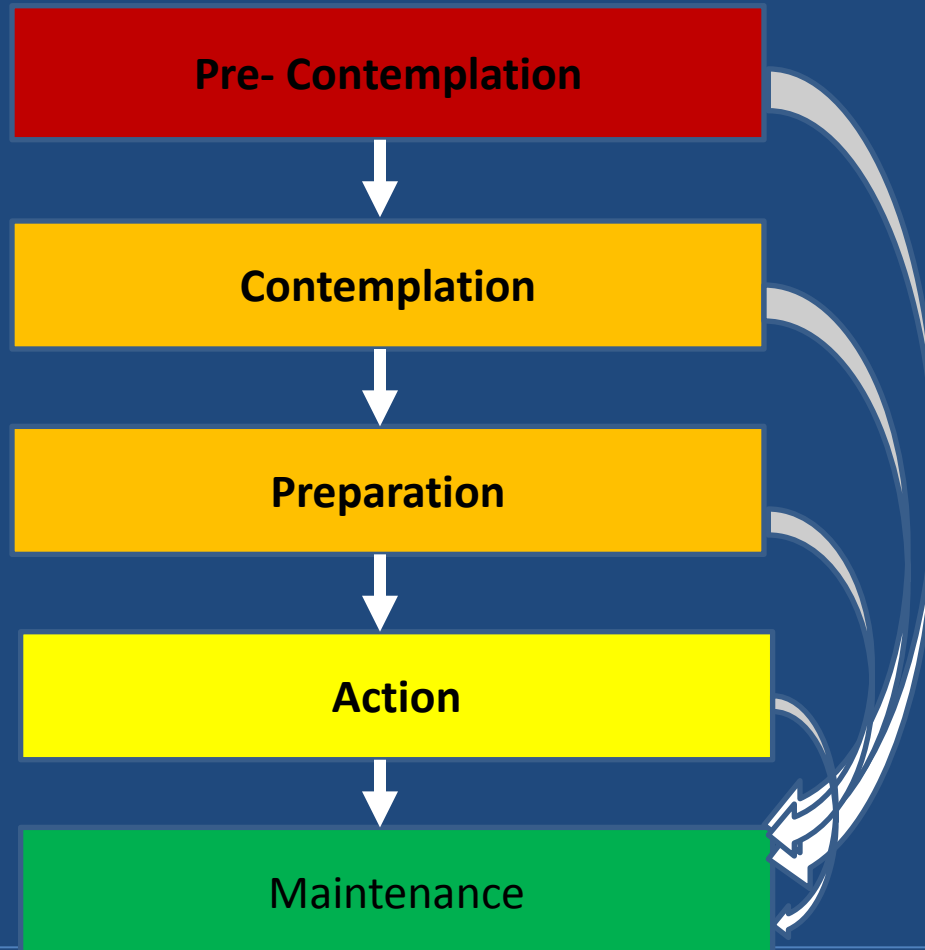
Tobacco as a Public Health Priority

- Global epidemic kills 6 million people each year
- More than 600,000 are non-smokers who breath in smoke
- WHO projects more than 8million deaths per year by 2030
- More than 80% in low and middle income countries

Stages of Change



Stages of Change



Health Effects of Tobacco Smoke

Pin-up
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 cause serious health problems and death. Below, some of smoking's less publicized side effects — from head to toe.

- 1. Psoriasis**
Smoking is linked to the development of psoriasis, a chronic skin condition that causes red, itchy patches on the skin.
- 2. Cataracts**
Smoking increases the risk of cataracts, a clouding of the lens in the eye that can lead to blindness.
- 3. Wrinkling**
Smoking causes premature aging and wrinkles, particularly around the mouth and eyes.
- 4. Hearing loss**
Smoking is associated with a higher risk of hearing loss, possibly due to damage to the inner ear.
- 5. Cerebral aneurysms**
Smoking increases the risk of cerebral aneurysms, which are bulges in the blood vessels of the brain that can rupture and cause stroke.
- 6. Tooth decay**
Smoking is linked to an increased risk of tooth decay and gum disease.
- 7. Emphysema**
Smoking is a leading cause of emphysema, a chronic lung disease that makes it difficult to breathe.
- 8. Osteoporosis**
Smoking is associated with a higher risk of osteoporosis, a condition that weakens bones.
- 9. Heart disease**
Smoking is a major risk factor for heart disease, which is the leading cause of death in the United States.
- 10. Stomach ulcers**
Smoking is linked to an increased risk of stomach ulcers, which are sores on the lining of the stomach.
- 11. Discoloured fingernails**
Smoking can cause fingernails to become discolored and brittle.
- 12. Cervical cancer and other gynecological problems**
Smoking is linked to an increased risk of cervical cancer and other gynecological problems.
- 13. Deformed sperm**
Smoking can cause sperm to become deformed, which can lead to fertility problems.
- 14. Swimmer's disease**
Smoking is linked to an increased risk of swimmer's disease, a rare but serious bacterial infection.

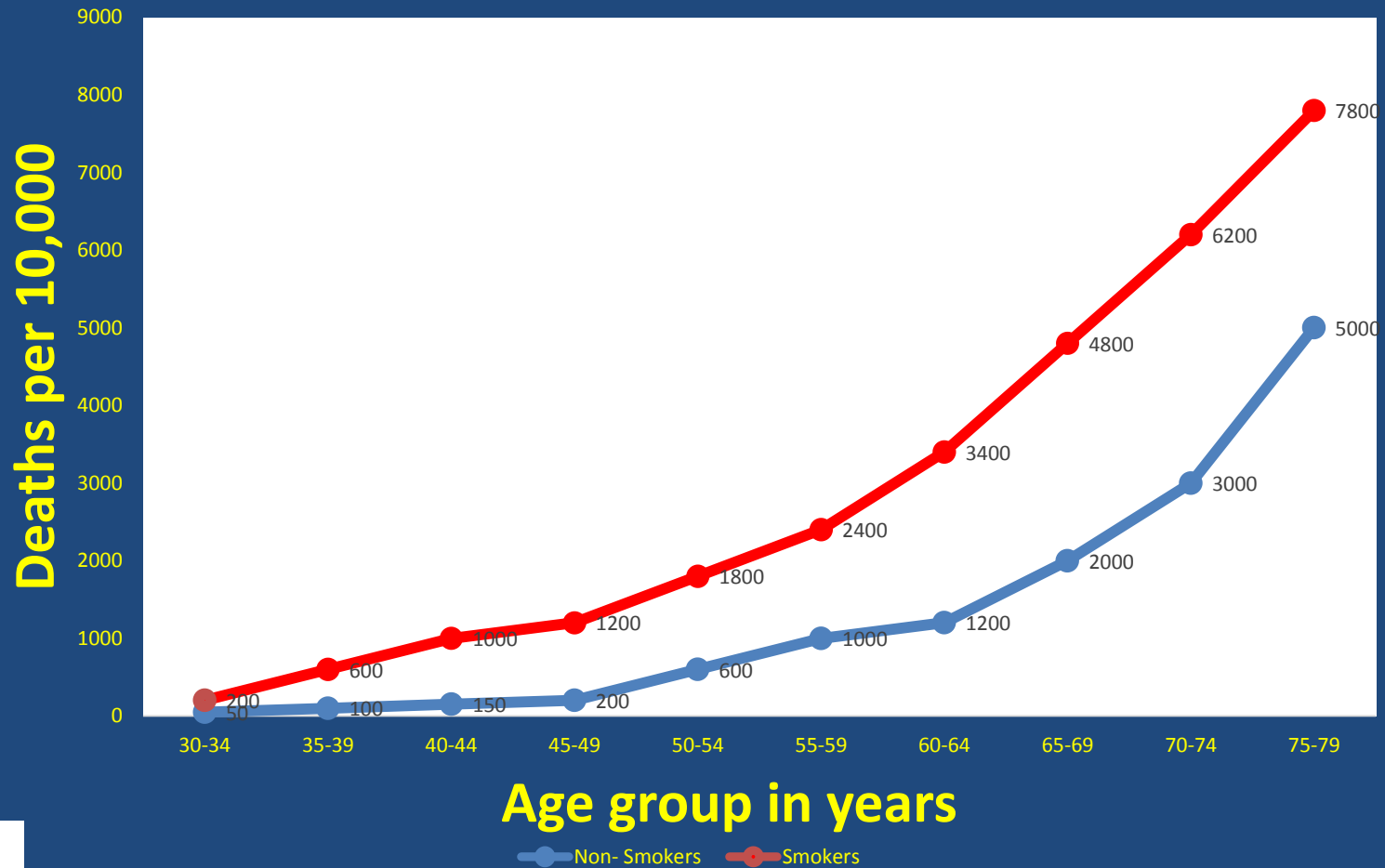
Need help quitting? Visit WhyQuit.com

More detailed PDF version of *Smoker's Body* by Dr. S. French can be downloaded at the World Health Organization's website at http://www.who.int/tobacco/secondhand/whosmokers_body.pdf

Health Effects of Tobacco smoke



Death rate from all Causes in the United States, 2012



Economic Implication of Quitting Tobacco Smoking

Duration of abstinence	Amount Saved (\$)	
	1 Pack/ day	2 Packs/day
1 day	\$5	\$10
1 week	\$35	\$70
1 month	\$150	\$300
1 year	\$1,820	\$3,640
10 years	\$18,200	\$36,400
20years	\$36,400	\$72,800

After quitting Tobacco Smoking

- 20 minutes later
 - Blood pressure decreases
 - Pulse rate drops
 - Body temperature increases
- 8 hrs later
 - CO drops
 - O₂ level increases to normal
- 24 hrs later
 - Chance of heart attack decreases

After quitting smoking

- 48 hrs later
 - Nerve endings start re-growing
 - Ability to smell and taste re-grows
- 2wks to 3months later
 - Circulation improves
 - Walking becomes easier
 - Lung function increases

9 months -1 year later

- Coughing, sinus congestion, fatigue, difficult breathing decreases
- Excess risk of coronary heart disease is halved

So?

Do you still want to keep Smoking?



Stop Smoking!!!
Start Repairing!!!

