

Smoking

Definition:

Nowadays, the harmful effect of smoking is no secret to anyone, unfortunately it still causes the loss of lives for many adults and young peoples. The Ministry of Health (MOH) seeks to control it and help smokers to quit to save their lives and protect them against smoking-caused diseases and to secure healthy, comfortable and disease free life for all members of community.

The term "smoking" is not restricted to cigarette smoking only, but includes e-cigarette, shisha and others.

Statistics:

Smoking in the Kingdom kills 71 men and 21 women every week, or around five thousand persons every year because of tobacco-caused diseases.

Key Facts:

- Smoking deprives you of living a disease-free life.
- Most of 10 COPD (Chronic Obstructive Pulmonary Disease) deaths are a result of smoking. Currently, there is no cure for COPD.
- Smoking slows down lung growth in children and teens.
- Smoking increases a person's risk of getting tuberculosis and dying from it.

- It increases the risk of developing type2 diabetes.
- It influences effectiveness of blood pressure medications.
- It speeds up appearance of wrinkles and skin aging.
- Some think smoking calm them down, while studies have shown that it increases stress and anxiety.
- Tar in cigarette stains fingers and teeth.
- Nicotine in cigarette causes addiction as same as heroin and cocaine.

Passive smoking:

- The likelihood of developing lung cancer and heart diseases increase among inhalers of cigarette smoke and not only smokers.
- Deaths from heart diseases caused by passive smoking increased.
- Infants exposed to passive smoke are more likely to develop some diseases such as bronchitis, pneumonia and ear infection.

Electronic cigarette:

- The vapor from electronic cigarettes (e-cigarette) contains other substances that can cause cancer; there is no way to compare it with fresh air.
- Most types of e-cigarettes contain nicotine, which is harmful to your health and causes addiction.

Shisha:

Many people think that shisha is less harmful than smoking cigarettes but in fact, it contains nicotine and has the same damages of smoking cigarettes.

Indirect smoking:

This term refers to the inhalation of smoke hanging in the air from an extinguished cigarette even with no strong odor. Studies have showed that it is air polluting and harmful to health as same as the passive smoking, even opening windows, in home or vehicle, is not enough to expel the smoke hanging around.

Complications:

- Nicotine causes addiction and constriction of blood vessels and arteries.
- Tar causes lung cancer and constriction of respiratory tract.
- Carbon monoxide reduces the red blood cells ability to transport oxygen, resulting in less supply of oxygen to heart and other organs of the body and therefore causing the followings:
 1. Atherosclerosis and high blood pressure.
 2. Emphysema and bronchitis.
 3. Heart attack.

4. Atrophy of the optic nerve.
5. Stroke.
6. Teeth falling.
7. Cardiac infarction.

Nicotine:

Nicotine is a substance that can lead to addiction, when you inhale cigarette smoke passes through your blood to reach the brain in less than 10 seconds.

You can measure intensity of your dependence on nicotine from here:

<http://www.tcpmoh.gov.sa/Ar/NicotineMeasure>

Treatment:

The Ministry of Health (MOH), represented by the Smoking Control Program has sought to develop therapeutic services to assist to help the smokers who like to quit the habit through the following:

- Opening anti-smoking clinics in different regions and provinces of the Kingdom.
- Issuing
- Holding many theoretical and practical courses for workers in the field.
- Providing anti-smoking drugs to citizens without charges.

- The MOH has approved mobile clinic project through which it seeks to provide easier and more widespread quitting services and increase the number of beneficiaries by reaching the places where smokers are in large numbers such as: workplace, shopping centers and recreation areas.

For more information, you may visit the MOH's Smoking Control Program:

<http://www.tcpmoh.gov.sa/media/Docs/cef3b048-75ef-4b86-b0bf-d50f90888a64.pdf>

Prevention:

Follow up anti-smoking policy by doing the following:

- 1- Monitor tobacco use and prevention policies.
- 2- Contribute to helping others quit smoking.
- 3- Enforce bans on tobacco advertising, promotion and sponsorship.
- 4- Raise taxes on tobacco, shish and others.
- 5- Protect community for direct and indirect smoking.
- 6- Warning those around you will save their lives.