



DEPARTMENT OF HEALTH

PROVINCE OF KWAZULU-NATAL

CORPORATE COMMUNICATION SERVICES

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WORLD NO TOBACCO DAY

31 May is World No Tobacco Day and this year the theme is, "Health Professionals Against Tobacco" and is aimed at encouraging health professionals to be tobacco-free and provide supportive, non-judgemental care by assisting one another in their efforts of becoming tobacco-free role models. World NO Tobacco Day this year is also targeted not only at health professionals but to the general public as well. Smoking is one of the leading causes of death.

Tobacco smoke contains over 4000 chemicals and 45 known cancer causing substances including: Nicotine, Carbon Monoxide, Tar, Cyanide, formaldehyde, methanol, ammonia, nitrous oxide, arsenic, naphthalene, DDT and butane.

Dangers associated with smoking are:

- *Smoking can increase the risk of heart disease by 2-3 times
- *Smoking doubles the risk of heart disease, stroke, high blood pressure and high blood cholesterol
- *It increases the risk of heart disease 10 times if you are a woman on the contraceptive pill
- *Adversely affects the arteries in the arms and legs, increasing the risk of gangrene by over 5 times, and
- *Contributes to about one third of cancers and many lung diseases.



Non-smokers who breathe second hand smoke suffer many of the diseases that active smoking causes. Only 30 minutes of exposure can damage a non-smoker's heart and increases the risk of heart disease by 30%. This can affect children and lead to illnesses like bronchitis, pneumonia, asthma, middle ear infections and "glue ear", which is the most common cause of deafness in children. Smoking can also affect an unborn baby and has been associated with the risk of miscarriage and may even harm intellectual and behavioural development of the child.

You can quit...

- *8 out of 10 people find it most effective to stop smoking abruptly
- *Plan what to do at those times when you usually smoke – find something to distract you from cravings
- *Stay motivated.
- *Ask friends and family and work colleagues for support.
- *Avoid other smokers and smoke-filled areas.
- *Join a stop smoking association or support group
- *Consider using quit smoking or see a doctor for assistance.

There is no safe level of smoking, quitting the habit and encouraging others to do so is the right thing to do.

ENDS.

For more information please contact Mrs Lindiwe Khuzwayo on 083 393 9943