



لماذا تخاطر؟
التدخين = السرطان
Tobacco = Cancer

Why take the risk?



**World Health
Organization**

Regional Office for the Eastern Mediterranean
www.emro.who.int/tfi/tfi.htm

The tobacco health toll Smoking's less publicized side effects

Tobacco use kills more than 5 million people every year

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% 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 diseases that cause serious health problems and death. Below, some of smoking's less publicized side effects – from head to toe.

1. Hair loss

Smoking weakens the immune system, leaving the body more vulnerable to diseases such as lupus erythematosus, which can cause hair loss, ulcerations in the mouth and rashes on the face, scalp, and hands.



2. Cataracts

Smoking is believed to cause or worsen several eye conditions. Smokers have a 40% higher rate of cataracts, a clouding of the eye's lens that blocks light and may lead to blindness. Smoke causes cataracts in two ways: by irritating the eyes and by releasing chemicals into the lungs that then travel up the bloodstream to the eyes.

Smoking is also associated with age-related macular degeneration, an incurable eye disease caused by the deterioration of the central portion of the retina, known as the macula. The macula is responsible for focusing central vision in the eye and controls our ability to read, drive a car, recognize faces or colours, and see objects in fine detail.

3. Wrinkling

Smoking prematurely ages skin by wearing away proteins that give it elasticity, depleting it of vitamin A and restricting blood flow. Smoker's skin is dry, leathery and etched with tiny lines, especially around the lips and eyes.

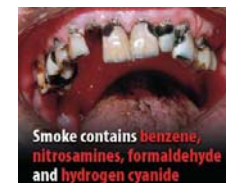


4. Hearing loss

Because smoking creates plaque on blood vessel walls, decreasing blood flow to the inner ear, smokers can lose their hearing earlier than nonsmokers and are more susceptible to hearing loss caused by ear infections or loud noise. Smokers are also three times more likely than nonsmokers to get middle ear infections that can lead to further complications, such as meningitis and facial paralysis.

5. Tooth decay

Smoking interferes with the mouth's chemistry, creating excess plaque, yellowing teeth and contributing to tooth decay. Smokers are 1.5 times more likely to lose their teeth.



6. Emphysema

In addition to lung cancer, smoking causes emphysema, a swelling and rupturing of the lung's air sacs that reduces the lungs' capacity to take in oxygen and expel carbon dioxide. In extreme cases, a tracheotomy allows patients to breathe. An opening is cut in the windpipe as a ventilator to force air into the lungs.

Chronic bronchitis creates a build-up of pus-filled mucus, resulting in a painful cough and breathing difficulties.

7. Osteoporosis

Carbon monoxide, the main poisonous gas in car exhaust fumes and cigarette smoke, binds to blood much more readily than oxygen, cutting the oxygen-carrying power of heavy smoker's blood by as much as 15%. As a result, smokers' bones lose density, fracture more easily and take up to 80% longer to heal. Smokers may also be more susceptible to back problems: one study shows that industrial workers who smoke are five times as likely to experience back pain after an injury.

8. Heart disease

One out of three deaths in the world is due to cardiovascular diseases. Smoking is one of the biggest risk factors for developing cardiovascular diseases. These diseases kill more than a million people a year in developing countries. Smoking-related cardiovascular diseases kill more than 600 000 people each year in developed countries. Smoking makes the heart beat faster, raises blood pressure and increases the risk of hypertension and clogged arteries and eventually causes heart attacks and strokes.



9. Stomach ulcers

Smoking reduces resistance to the bacteria that cause stomach ulcers. It also impairs the stomach's ability to neutralize acid after a meal, leaving the acid to eat away the stomach lining. Smokers' ulcers are harder to treat and more likely to recur.

10. Discoloured fingers

The tar in cigarette smoke collects on the fingers and fingernails, staining them a yellowish-brown.

11. Miscarriage

Smoking creates fertility problems for women and complications during pregnancy and childbirth. Smoking during pregnancy increases the risk of low weight babies and future ill health consequences. Miscarriage is 2 to 3 times more common in smokers, as are stillbirths due to fetal oxygen deprivation and placental abnormalities induced by carbon monoxide and nicotine in cigarette smoke. Sudden infant death syndrome is also associated with smoking. In addition, smoking can lower estrogen levels causing premature menopause.



12. Psoriasis

Smokers are 2 to 3 times as likely to develop psoriasis, a noncontagious inflammatory skin condition that leaves itchy, oozing red patches all over the body.

13. Deformed sperm

Smoking can deform sperm and damage its DNA, which could cause miscarriage or birth defects. Some studies have found that men who smoke have an increased risk of fathering a child who contracts cancer. Smoking also diminishes sperm count and reduces the blood flow to the penis, which can cause impotence. Infertility is more common among smokers.



14. Buerger's disease

Buerger's disease, also known as thromboangitis obliterans, is an inflammation of arteries, veins and nerves in the legs, principally, leading to restricted blood flow. Left untreated, Buerger's disease can lead to gangrene (death of body tissue) and amputation of the affected areas.

The cancer health toll

Cancer kills nearly 8 million people every year

A global killer

Cancer is a global public health problem. It is the second most common killer today. With current cancer patterns, the number of cancer related deaths is projected to rise from 7.9 million in 2007 to 12 million in 2030. The majority of 'new' cancer cases will occur in low and middle income countries.

Cancer is the 4th cause of death in the Eastern Mediterranean Region following cardiovascular diseases, infectious diseases and injuries. Over the next 15 years, the highest increase in cancer incidence among the WHO Regions is likely to be in the Eastern Mediterranean Region, in which projection modeling predicts an increase of between 100–180%.

Presently, we know from international experience that at least 40% of cancers can be prevented. Depending on the availability of resources, it is also possible to detect, at an early stage, and effectively treat, a further 40% of cancers. When cancer cannot be cured or held in remission, advances in the prevention and relief of suffering can greatly improve the quality of life of 20% of people with cancer and their families.

It is without doubt that the incidence of cancer is rising rapidly due to increased exposure to a number of 'preventable' risk factors including:

| Risk factor | Number of cancer related deaths per year |
|---|--|
| Tobacco use | 1.8 million |
| Overweight, obesity and physical inactivity | 274 000 |
| Harmful alcohol use | 351 000 |
| Unsafe sex | 235 000 |
| Occupational carcinogens | 152 000 |

For more cancer control related information, please visit: www.emro.who.int/ncd/.

Tobacco and cancer

For decades now, it has been well known that tobacco use is not only capable of damaging nearly every organ of the human body but also causes at least 15 different cancers and is single-handedly responsible for 30% of all cancer related deaths.

Tobacco and tobacco smoke contain thousands of chemicals, many of which are well known to be toxic, carcinogenic, atherogenic, teratogenic and addictive.

More than 40 chemicals in tobacco smoke have been shown to cause cancer. Smokers are some 20 times more likely to develop lung cancer than nonsmokers. Smoking causes about 90% of lung cancer in men and 80% in women.

According to many studies, the longer one smokes the greater the risk of developing cancer at several sites including:

| Type of cancer | Risk |
|------------------|--------------|
| Nasal cavity | 2 times |
| Paranasal cavity | 2 times |
| Oral cavity | 4 to 5 times |
| Nasopharynx | 2 times |
| Oropharynx | 4 to 5 times |
| Hypopharynx | 4 to 5 times |
| Larynx | 10 times |
| Oesophagus | 2 to 5 times |
| Stomach | 2 times |
| Pancreas | 2 to 4 times |
| Cervix | 2 times |

Besides increasing the risk of uterine cancer, some studies have also suggested a link between heavy smoking and breast cancer (30–60%).

TIP: Smoking cessation substantially reduces the risk for most of the above mentioned smoking related cancers.

For more tobacco control related information, please visit: www.emro.who.int/tfi/tfi.htm.

Tobacco use prevalence data in the Eastern Mediterranean Region

Youth prevalence data (Global Youth Tobacco Survey 2007)

Percentage of school students, aged 13–15 years, who: (a) currently smoke cigarettes; (b) use other tobacco products besides cigarettes; and (c) were never smokers and are likely to initiate smoking within a year.

| Country | Percentage (%) | | |
|--------------------------|---------------------------|-----------------------------|---|
| | Current cigarette smokers | Other tobacco product users | Never smokers with initiation potential |
| Afghanistan | 4.8 | 5.9 | 8.8 |
| Bahrain | 10.6 | 15.3 | - |
| Djibouti | 6.1 | 11.1 | 19.7 |
| Egypt | 4.0 | 10.1 | 18.3 |
| Gaza Strip | 6.6 | 6.6 | 15.5 |
| Iraq | 11.9 | 11.4 | 14.2 |
| Islamic Republic of Iran | 3.0 | 26.1 | 8.7 |
| Jordan | 10.3 | 26.4 | 20.7 |
| Kuwait | 10.8 | 14.5 | 17.3 |
| Lebanon | 8.6 | 40.0 | 20.6 |
| Libyan Arab Jamahiriya | 4.6 | 7.2 | 18.5 |
| Morocco | 3.5 | 9.0 | 11.3 |
| Oman | 2.3 | 14.4 | 12.5 |
| Pakistan | 1.4 | 9.5 | 9.2 |
| Qatar | 6.5 | 15.6 | 20.3 |
| Saudi Arabia | 6.7 | 11.9 | 19.2 |
| Somalia | 5.8 | 12.5 | 24.1 |
| Sudan | 6.0 | 10.2 | 13.9 |
| Syrian Arab Republic | 12.3 | 34.7 | 14.7 |
| Tunisia | 8.3 | 13.9 | 19.9 |
| United Arab Emirates | 8.0 | 28.8 | 12.5 |
| West Bank | 18.0 | 16.7 | 20.2 |
| Yemen | 5.3 | 14.6 | 33.7 |

For more tobacco use prevalence related information, please visit: www.emro.who.int/tfi/tfi.htm; and www.cdc.gov.

Adult prevalence data (MPOWER 2008)

Percentage of adults who currently smoke: (a) cigarettes; and (b) any form of tobacco products.

| Country | Smoking cigarettes Percentage (%) | | Using tobacco products Percentage (%) | |
|-----------------------------|--------------------------------------|---------|--|---------|
| | Males | Females | Males | Females |
| Bahrain | 25.7 | 2.1 | 26.2 | 2.7 |
| Egypt | 22.7 | 3.5 | 26.0 | 4.1 |
| Iraq | 25.2 | 1.3 | 25.7 | 1.9 |
| Islamic Republic of Iran | 21.4 | 1.7 | 26.2 | 4.5 |
| Jordan | 61.4 | 7.9 | 61.7 | 7.9 |
| Lebanon | 29.0 | 6.9 | 29.0 | 6.9 |
| Morocco | 26.8 | 0.3 | 29.5 | 0.3 |
| Oman | 24.4 | 0.3 | 24.8 | 1.0 |
| Pakistan | 26.7 | 2.2 | 31.7 | 5.2 |
| Saudi Arabia | 25.2 | 3.0 | 25.6 | 3.2 |
| Syrian Arab Republic | 41.2 | - | 42.0 | - |
| Tunisia | 47.4 | 1.0 | 51.0 | 1.7 |
| United Arab Emirates | 26.8 | 1.7 | 27.2 | 2.4 |

For more tobacco use prevalence related information, please visit: www.emro.who.int/tfi/tfi.htm; and www.cdc.gov.