TOBACCO CONTROL KEY FACTS

- Tobacco kills 8 million people annually
- 15% of Jamaican youth currently use tobacco
- Tobacco is a risk factor for noncommunicable diseases

TOBACCO USE CAUSES:

- Lung disease
- Heart disease
- Cancer
- Stroke
- Gum disease
- Eye disease

WHY DO SOME CHILDREN SMOKE?

- Peer pressure
- It makes them look ‘cool’
- Lack of parental affection.

HOW CAN PARENTS HELP?

- Talk to children about the dangers of tobacco use
- Encourage children to get involved in sports
- Encourage children to walk away from friends who don’t respect their reasons for not smoking.
- Focus on what children do right rather than wrong.

Your lungs deliver oxygen and remove carbon dioxide.

Lungs protect themselves by trapping irritants in mucus that lines your airways.

Healthy lungs have an elastic quality and look rubbery on the outside and sponge-like on the inside.

Each lung contains a breathing tube that divides into smaller tubes, or airways

Smoking damages the lungs and their ability to do their job.

Damage makes lungs vulnerable to diseases.

**Chronic Bronchitis**
- Air ways become inflamed, swollen and narrowed

**Chronic Obstructive Pulmonary Disorder (COPD)**
- The walls of the air sacs are destroyed
- Air can become trapped in the lungs

This destruction of the lungs is known as COPD.

COPD gets worse over time and cannot be reversed.

COPD causes frequent coughing, tightness in the chest, breathlessness and wheezing.

**Emphysema**

Healthy Lung

Smoker’s Lung

Chronic Bronchitis

Tar Build up
- Tar on cigarette smoke leaves a sticky, brown residue that can stain lungs.
- Tar makes the lungs ineffective in getting rid of irritants.

Cancer
- More people die from lung cancer than any other cancer.

The biggest risk factor for lung cancer is smoking.

For more information, please contact The Programme Officer, Tobacco Control Project
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