

WHAT ARE THE RISKS OF SMOKING?



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.

The Breathtaking View of a

Smoker's Lung™



Healthy Lung

Your lungs deliver oxygen and remove carbon dioxide.

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

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.



Smoker's Lung

Damage makes lungs vulnerable to diseases.

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.



Chronic Bronchitis



Cancer

Emphysema

Chronic Bronchitis

- Air ways become inflamed, swollen and narrowed
- Excess mucus fills the air ways.

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.

