

Take a deep breath, for health's sake!

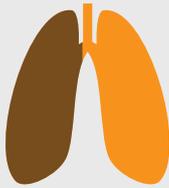
TOBACCO is BAD NEWS for LUNG HEALTH



Tobacco smoking is responsible for over two thirds of lung cancer deaths globally



Second-hand smoke exposure at home or in the work place also increases risk of lung cancer



After 10 years of quitting smoking, risk of lung cancer falls to about half that of a smoker



Tobacco (cigarettes & other forms of tobacco) is a potent cancer-causing substance (carcinogen) with worldwide impact. It's also a risk factor for cancer of the:

bladder, colon, rectum, oesophagus (food pipe), larynx (voice box), pharynx (upper throat), mouth, pancreas, kidney, stomach, liver, nose, sinuses, cervix, leukaemia, upper aero-digestive tract (oral cavity, nasal cavity, nasal sinuses, pancreas, lower urinary tract (renal pelvis and bladder), and uterine cervix and myeloid leukaemia



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Tuberculosis (TB) as a **RISK** factor for **LUNG CANCER**



TB damages the lungs and reduces lung function, which is further made worse by tobacco smoking



The chemical components of tobacco smoke can also trigger latent infections of TB



Smoking accounts for about one in five cases of TB worldwide



In a study in an informal settlement in the North West in South Africa it has showed that People Living with HIV who smoke have three times the chance of getting TB compared to those who don't smoke

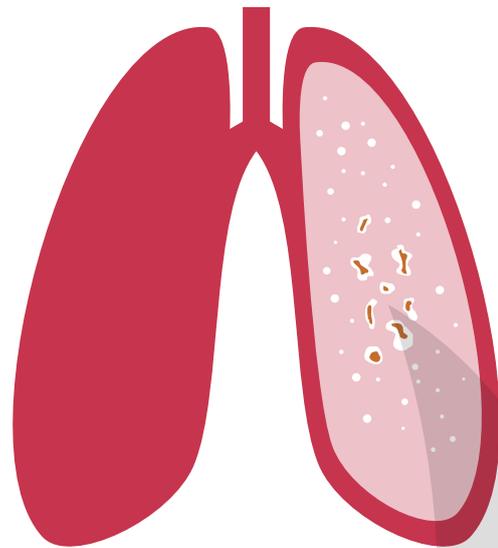


It has also been estimated that between 26-56% of TB patients smoke

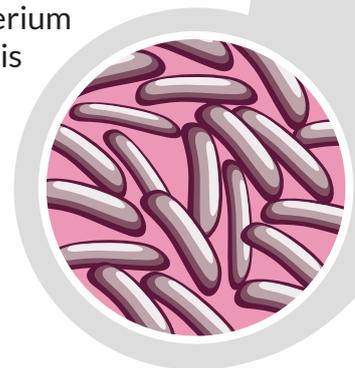


The study further mentions a high incidence of air pollution from second hand smoke in homes where there was a case of active TB disease

Lung infected with tuberculosis (TB)



Mycobacterium tuberculosis



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**TOP 10
TIPS**

ON

**How to Stop
SMOKING**

Allen Carr's
Easyway

Set your date and time to stop - you're going to quit smoking naturally so carry on smoking as usual until then...

Look forward - You're going to enjoy being a non-smoker right from the moment you put out your last cigarette.

Have a final cigarette; you're going to give up smoking easily so make a solemn vow

Be cool about withdrawal; the physical withdrawal is very slight and passes quickly. Non-smokers do not suffer it. You are a non-smoker and so you'll soon be free of it forever.

Socialise as normal; you won't be craving a cigarette so there's no need to avoid smokers - Do not try to avoid smoking situations or opt out of life. Go out and enjoy social occasions right from the start and do not envy smokers. If you're offered a cigarette, just say: "No thanks - I don't smoke", rather than start a long conversation about how long it has been since you stopped.

Think about it; don't try to "not to think" about smoking - it doesn't work. Don't say "I want a cigarette but I can't have one" but instead: "Isn't it marvellous: I don't need to smoke anymore and I don't want to smoke anymore."



There's no such thing as 'just one' cigarette after you quit smoking

- Never be fooled into thinking you can have the odd cigarette just to be sociable or just to get over a difficult moment. If you do, you'll find yourself back in the trap in no time at all.

Avoid Substitutes; patches, gums, nasal sprays and e-cigs just keep the addiction alive -

They all make it more difficult to stop because they perpetuate the illusion that you're making a sacrifice.

Ditch your cigarettes; you are already a non-smoker the moment you put out your final cigarette - Do not keep cigarettes on you or anywhere else in case of an emergency. If you do, it means you're doubting your decision. You are already a non-smoker the moment you put out your final cigarette.

Enjoy your freedom; live a smoke-free life and be on your guard not to fall back into the trap. Why not? "Because I didn't like being a smoker - that's why I decided to become a non-smoker". That way those moments can become pleasurable as you congratulate yourself that you're free and that way you can enjoy remaining a non-smoker for the rest of your life.



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www.allencarr.com/free-information/stop-smoking/top-tips-on-how-to-stop-smoking-using-allen-carrs-easyway/



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HARMFUL EFFECTS OF HOOKAH PIPES (Hubbly Bubbly)

Hookahs are **water pipes** that are used to smoke **pecially made tobacco** that comes in **different flavours**. Although many users think it's less harmful, hookah smoking has many of the **same health risks as cigarette smoking**.

The charcoal used to heat the tobacco can raise health risks by producing high levels of carbon monoxide, heavy metals, and cancer-causing chemicals

Even after it has passed through water, the smoke from a hookah has high levels of these toxic agents

Hookah tobacco and smoke contain several toxic agents known to cause lung, bladder, and oral cancers

Infections like tuberculosis and hepatitis may be passed to other smokers by sharing a hookah

Second-hand smoke from hookahs can be a health risk for nonsmokers - it contains smoke from the tobacco as well as smoke from the heat source (e.g. charcoal)

Tobacco juices from hookahs irritate the mouth and increase the risk of developing oral cancers

An hour-long hookah smoking session involves 200 puffs, while smoking an average cigarette involves 20 puffs

The amount of smoke inhaled during a typical hookah session is about 90 litres, compared with 500-600ml inhaled when smoking a cigarette

Water pipe smoking delivers nicotine – the same highly addictive drug found in other tobacco products

Because of the way a hookah is used, smokers may absorb more of the toxic substances also found in cigarette smoke than cigarette smokers do



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HARMFUL EFFECTS OF e-CIGARETTES

Electronic cigarettes (e-cigarettes) are defined as devices to **vaporise** and deliver a **chemical mixture** typically composed of **nicotine, propylene glycol** and other chemicals to the lungs of the user. The product is mostly **sold by the tobacco industry**.

The SAFETY of the products has not been scientifically demonstrated.

Scientific testing indicates that the products vary widely in the amount of nicotine and other chemicals they deliver and there is no way for consumers to find out what is actually delivered from the products they're using. The chemicals used have not been fully disclosed and there is insufficient data on their emissions.

Electronic cigarette use leads to emission of fine and ultrafine inhalable liquid particles, nicotine and cancer-causing substances into indoor air, therefore adverse health effects from second-hand exposure cannot be excluded.

Awareness and use of e-cigarettes is growing rapidly.

Their appearance coincides with intensifying attempts by government and society to lower tobacco smoking through stricter limitation on its sale, advertising and use. e-Cigarettes companies also have a strong presence in social media, which reinforces their marketing messages, including repeating the use of celebrity endorsements. Many e-cigarettes come in appealing flavours.

Because nicotine is central to the lifelong addiction, and because these are nicotine delivery instruments, careful investigation and regulation of these products are required. The lack of regulation regarding e-cigarettes may also contribute to the perception that they are not harmful, providing further support for the need for such regulation.

The potential risk outweighs the benefits.

Evidence for these products being an effective smoking cessation tool is not convincing and unsupported. e-Cigarettes can be seen as a means for maintaining nicotine addiction and dependence. They may even encourage more habitual use of nicotine, which, in time, might encourage a switch to cigarette smoking.

e-Cigarettes are not cheaper alternatives to cigarette smoking and due to their high cost can indirectly increase one's cost of smoking. e-Cigarettes users that are unable to afford the product may switch to conventional products due to their nicotine addiction.

e-Cigarettes and Youth don't mix.

Adolescent years are times of important brain development - nicotine exposure during adolescence and young adulthood can cause addiction and harm the developing brain.



CANSA Funded Research Project:

Knowledge, Perceptions and Attitudes of Young Adults Towards Electronic-cigarettes: small qualitative study conducted by a Masters student with young adults at the University of Cape Town. This is one of the first studies conducted in South Africa to explore knowledge, perceptions, attitudes and behaviour regarding e-cigarettes, and offers some initial insights into this area. Results support the need for raising greater awareness around e-cigarettes, as well as the need for adequate regulation of these products.



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Support the proposed **Control of Tobacco Products and Electronic Delivery and Systems Bill 2018**

To achieve the Sustainable Development Goal target of a one-third reduction in NCD premature deaths by 2030, tobacco control must be a priority for governments and communities worldwide.

The Minister of Health published a new draft Bill on tobacco control for comment in May 2018. The Proposed Bill on the Control of Tobacco Products and Electronic Delivery Systems, 2018. CANSA strongly supports these amendments. This new legislation attempts to address:

- » A smoke free policy that calls for 100% smoke free public places
- » Standardised plain cigarette packaging with graphic health warnings to discourage smoking
- » Regulating electronic cigarettes as tobacco products
- » Removal of cigarettes from point of sale areas (should be non-visible)
- » Removal of cigarettes from vending machines

This legislation will further strengthen South Africa's tobacco control efforts to help to protect millions of South Africans from second-hand smoke, help to encourage smokers to quit smoking:

- » shifting them to better health outcomes,
- » discouraging entry into tobacco use,
- » and preventing industry manipulation designed to recruit new and especially young people into tobacco use.

Parents and other members of the community should also take measures to promote their own health, and that of their children, by protecting them from the harms caused by tobacco.



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Scream at the top of your lungs!

Your Rights to Good health and Smoke Free Environments

As a member of the public:

- » Report on smoking that takes place in a non-smoking area
- » Take action: Complain to the owner of the premises or report this to the Environmental Health Office in your municipal area. If you reach a bottle-neck report this to CANSA Toll Free line 0800 22 66 22 or advocacy@cansa.org.za.
- » Embrace your rights and encourage those around you to quit using tobacco products.
- » You have the right to good health and clean smoke free air.

As an Employer or Business owner:

- » Read more about tobacco regulations and comply with all regulations.
- » The regulations are available from the government printers and websites.
- » You have an obligation to protect the health of your family and those around you by ensuring clean air and smoke free environments for your employees.
- » Posters and infographics can be put up at workplaces and educational content from the campaign can be shared on e-communication platforms at workplaces.



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