



Remote  
Health

# Course materials

## Creating good habits

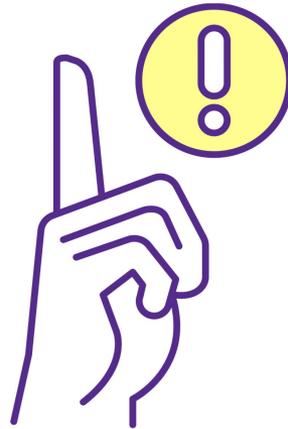
### Smoking



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- **How does smoking affect your health?**
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- **Passive smoking**
- **Health inequalities and smoking**
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  - How do I quit smoking?

## The most important facts <sup>(4)</sup>





- The use of tobacco has been identified as a leading cause of cardiovascular disease, premature death and disability worldwide
- By 2023, tobacco use will cause more than 7 million deaths each year.
- Smoking is responsible for 12% of deaths from cardiovascular disease worldwide



- Tobacco is highly addictive. It kills up to half of its consumers.
- All tobacco products contain dangerous chemicals, not just cigarettes.
- Smoking also harms those around you, especially spouses and children.

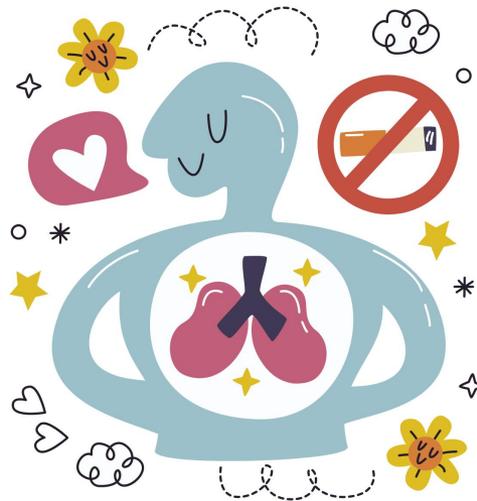
## How does smoking affect your health?<sup>(1, 2, 5)</sup>

**Health consequences of smoking**  
**Smoking and cardiovascular disease**



# Health consequences of smoking

Smoking damages almost all organs of the body, causes many diseases and generally has a very negative effect on the health of smokers.

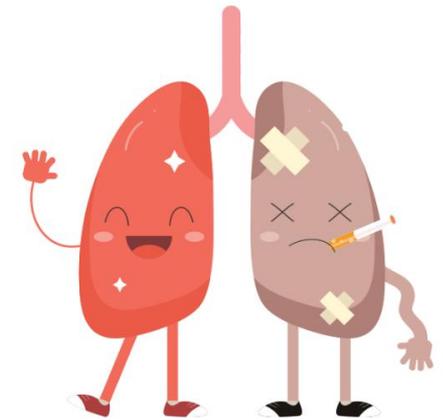


## Health consequences of smoking

Smoking damages blood vessels and can cause them to thicken and narrow. This causes the heart to beat faster and blood pressure to rise. Clots can also form which is a common cause of a stroke.

A stroke happens when:

- A clot blocks blood flow to a part of your brain
- A blood vessel in or around the brain bursts



## Cardiovascular disease

Smokers have a higher risk for diseases affecting the heart and blood vessels (cardiovascular disease)

These include stroke, coronary heart disease and circulatory disorders, which are among the most common causes of death.



## Passive smoking<sup>(1)</sup>



- Secondhand smoke is the smoke of burning tobacco products such as cigarettes, cigars, hookahs or pipes.
- Secondhand smoke exposure happens when people inhale smoke exhaled by smokers or burning tobacco products.
- Even brief exposure can cause serious health problems and be fatal.
- Quitting smoking completely is the only way to completely protect non-smokers from secondhand smoke.



## Why is passive smoking harmful?

Commercial tobacco smoke contains hundreds of harmful chemicals that are toxic and can cause cancer.



Here are some of the chemicals and toxins found in commercial tobacco smoke:



Benzene is  
in petrol



Toluene  
is in paint  
thinner



Butane is  
used for lighter  
fluid



Cadmium  
is used during  
the making  
of batteries

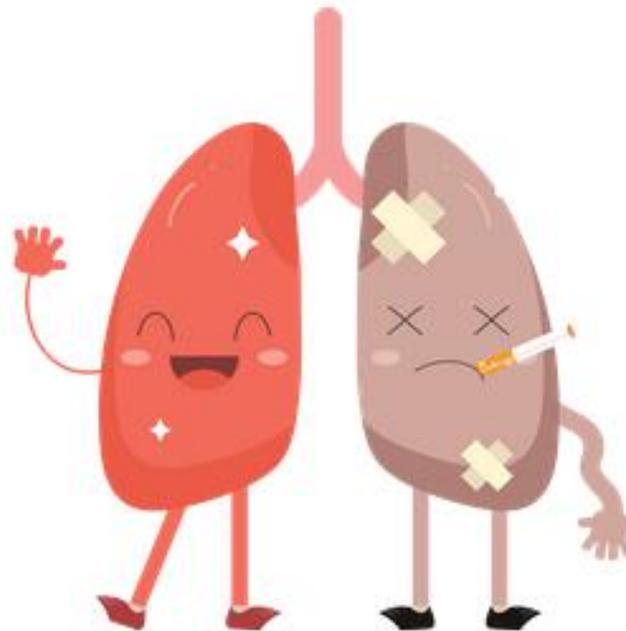


Ammonia  
is used in  
household  
cleaners



Hydrogen cyanide  
is used in chemical  
weapons

## Health inequalities and smoking<sup>(3)</sup>



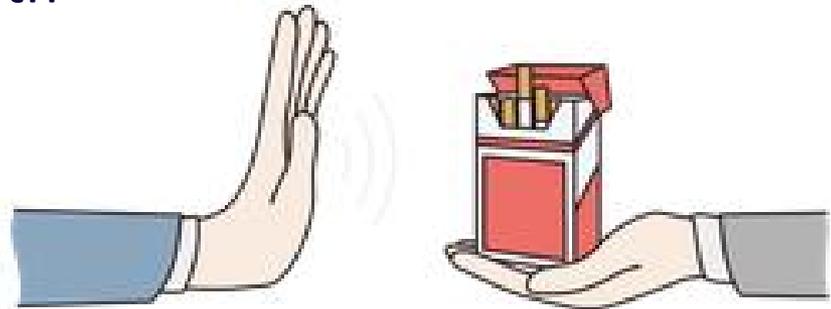
Health inequalities are avoidable differences in state of health and life expectancy within the population

Example 1: premature death is more common among working-age men than among women of the same group

Example 2: Poorer people statistically have a lower life expectancy



- Smoking is an important contributor to differences in death/mortality rates
- People with lower incomes smoke more often and often die earlier
- Children of smokers are more likely to smoke themselves
- Socially disadvantaged people are more likely to smoke, which is bad for their health



## Factors influencing smoking

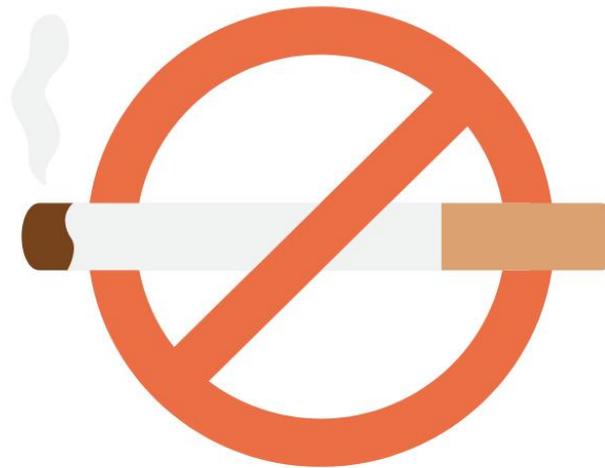
Among other things:

- Low income
- Mental disorders
- Unemployment
- Low level of education
- Difficult family circumstances



## Stop smoking (2, 4,5)

- **Benefits of quitting smoking**
- **How do I stop smoking?**



# Benefits of quitting smoking

Who quits smoking...

- reduces the risk of suffering/dying of cardiovascular diseases
- is a good rolemodel for others
- also protects the health of others
- saves money



# What happens in your body when you stop smoking?

- Your sense of taste and smell improves
- Better blood circulation in hands and feet
- Lower risk of a heart attack
- The oxygen content of the blood increases



## How do I stop smoking?

Observe your habits and avoid situations in which you would normally smoke

Inform yourself about the dangers of smoking

Seek support from family or friends who want to quit smoking





Look for alternatives and think about what you can do in situations in which you would otherwise have smoked.

Set a goal: What are going to do with the money you save by quitting smoking?



## Sources:

- (1) Office on smoking and health, National Center for Chronic Disease Prevention and Health Promotion (2021, October 29). Health Effects of Cigarette Smoking [Health Effects of Cigarette Smoking | CDC](#)
- (2) Centers for Disease Control and Prevention (2021). SMOKING AND CARDIOVASCULAR DISEASE [Smoking and Cardiovascular Disease \(cdc.gov\)](#)
- (3) action on smoking and health (2019, September). Health Inequalities and Smoking [ASH-Briefing\\_Health-Inequalities.pdf](#)
- (4) World Health Organization (2018). Smoking and Cardiovascular health [Fact Sheet TFI 2018 EN 20398.pdf \(who.int\)](#)
- (5) National Heart Foundation of Australia (2016). Smoking and your heart health [CON-074-v4 Smoking and your health-WEB.PDF \(heartfoundation.org.au\)](#)



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