



Diseases Caused by Smoking

Tobacco contains more than 7,000 chemicals, most of them are toxic and radioactive including over 70 carcinogens¹. Smoking is hazardous to health. There are around 6,800 deaths died of tobacco annually in Hong Kong and 672 of them are non-smokers. Many researches proved that **one in every two smokers will die early from smoking²**, shortening the life span of smokers for 15 years on average. Diseases caused by smoking include:



Lung cancer,
Asthma, Tracheal
and bronchial cancer,
Chronic obstructive
pulmonary disease



Coronary heart
disease, Aneurysm,
Peripheral vascular
disease



Blindness, Cataract,
Age-related macular
degeneration



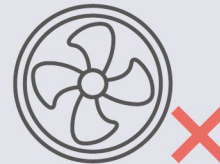
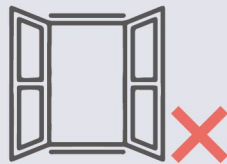
Oral cancer,
Laryngeal cancer,
Oesophageal cancer

Hazards of Secondhand Smoke

- It refers to the emission from a lit cigarette (side-stream smoke) and the exhaled smoke (main-stream smoke)
- It is classified as Group A carcinogen by the United States Environmental Protection Agency
- Immediate effects include eye irritation, tracheitis, cough, headache, sore throat and nausea
- People with long-term exposure to secondhand smoke will have higher risk of respiratory diseases, asthma, cancers and coronary heart diseases

Hazards of Third-hand Smoke

- It is the chemical residual of tobacco smoke contamination that clings to walls, furniture, clothing, hair and skin after the cigarette is extinguished
- Infants and children are at highest risk to expose to the third-hand smoke, leading to respiratory problems, cognitive deficits and reading deficits
- The toxins can persist for weeks or even for months and ventilating the room with fans or opening windows is not sufficient to remove the toxins



Hazards of Alternative Smoking Products (Electronic Cigarettes & Heated Tobacco Products)









- They are marketed as trendy products attracting youngsters and non-smokers to use
- Tobacco companies claimed the products release less toxins and are less harmful than traditional cigarettes which is a promotion tactic to down-play the health risks associated with smoking
- Smokers using alternative smoking products would become dual users of nicotine which cannot help quit smoking
- All forms of smoking products are harmful and some of the toxins as well as carcinogens do not have a safety level and harm public's health



Benefits of Smoking Cessation

Once you stop smoking, there are many immediate health improvements:

- 20 minutes**  Blood pressure, heart rate and pulse drop to normal
- 12 hours**  Carbon monoxide level in blood drops to normal
- 1-9 months**  Coughing and shortness of breath improve significantly
- 1 year**  Chance of having coronary heart disease is 50% lower than smokers
- 5-15 years**  Risk of stroke is reduced to that of a non-smoker
- 15 years**  Risk of having coronary heart disease is the same as non-smoker



Quit Tips

- Take a deep breath**  Relieve your stress
- Drink water**  Reduce the tobacco addiction
- Do exercise**  Distract your attention
- Seek assistance**  Consult professional smoking cessation services and do not switch to alternative smoking products

Smoking Cessation Services

- **Integrated Smoking Cessation Hotline of the Department of Health**
☎ 1833 183
- **United Christian Nethersole Community Health Service**
☎ 3156 9012 / 2344 3019

