

Manav Adhikar Protection Organization, India

Issues in public interest

Tobacco companies kill their best customers.



Put it out before it puts you out!

What's in a Cigarette?



CHEMICALS IN CIGARETTES

Chemical	Description
Benzene (petrol additive)	<p>A colorless cyclic hydrocarbon obtained from coal and petroleum, used as a solvent in fuel and in chemical manufacture - and contained in cigarette smoke.</p> <p>A known carcinogen associated with leukaemia.</p>
Formaldehyde (embalming fluid)	<p>A colorless liquid, highly poisonous, used to preserve dead bodies - also found in cigarette smoke.</p> <p>Known to cause cancer, respiratory, skin and gastrointestinal problems.</p>
Ammonia (toilet cleaner)	<p>Used as a flavouring, frees nicotine from tobacco turning it into a gas</p> <p>Often found in dry cleaning fluids.</p>
Acetone (nail polish remover)	<p>Fragrant volatile liquid ketone, used as a solvent, for example, nail polish remover</p> <p>Found in cigarette smoke.</p>
Tar	<p>Particulate matter drawn into lungs when you inhale on a lighted cigarette. Once inhaled, smoke condenses and about 70 per cent of the tar in the smoke is deposited in the smoker's lungs.</p>
Nicotine (insecticide/addictive drug)	<p>One of the most addictive substances known to man, a powerful and fast-acting medical and non-medical poison.</p> <p>This is the chemical which causes addiction.</p>

CHEMICALS IN CIGARETTES

Chemical	Description
Carbon Monoxide (CO) (car exhaust fumes)	An odourless, tasteless and poisonous gas, rapidly fatal in large amounts The same gas that comes out of car exhausts The main gas in cigarette smoke, formed when the cigarette is lit
Others	Arsenic (rat poison) Hydrogen Cyanide (gas chamber poison)

Source: Health Education Authority (UK) – Lifesaver

Cigarette smoke contains over **4,000 different chemical compounds**. Many of these are toxic, and at least 43 are known carcinogens (**cancer-causing agents**). Tobacco

* **Nicotine** is the active drug in tobacco smoke - it is the chemical that **causes addiction**. In combination with carbon monoxide, nicotine is also responsible for reducing blood flow to your feet and hands, causing peripheral vascular disease which over time may lead to the need for amputation.

* **Carbon Monoxide**, the same chemical found in car exhaust, **causes damage to the lungs**. It increases stress on the heart by depriving the body of oxygen.

- **Tar** is made up of a number of chemicals, including several carcinogens (**cancer-causing agents**).



Smoking is very glamorous, if you like deep wrinkles

The Health Effects of Tobacco Smoke

The chemicals in cigarette smoke can increase your risk of developing a number of diseases, including cancer. In Australia, around 19,000 smokers die each year from diseases caused by their smoking. One in two smokers will die of a smoking related disease. Lung cancer in a smoker.

Some of the health risks of cigarette smoking include:

- * **Lung cancer:** tobacco smoke is the largest single cause of lung cancer. Tobacco smoking is responsible for 90% of lung cancers in Australian males and 65% of lung cancers in Australian women.

- * **Other cancers:** tobacco smoke is known to increase the risk of developing cancers of the lips, mouth, tongue, throat, voice box, esophagus (gullet), bladder, pancreas, liver, cervix, vulva, penis, and anus. Cigarette smoking has also been linked to cancers of the stomach, kidney and some leukemia (cancer of the blood).

- * **Other lung diseases, including emphysema and pneumonia**

- * **Coronary heart disease**

- * **Peripheral vascular disease** (diseases of the arteries and veins of the limbs)

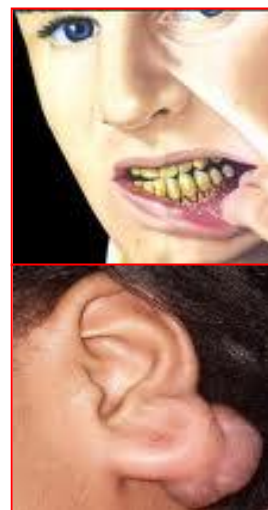
- * **Male impotence, reduced fertility**

- * **In women: premature menopause, irregular or painful periods**

- * **Effects on the bones and joints: osteoporosis, arthritis**

- * **Effects on the eyes: macular degeneration**

- * **Effects on the skin: wrinkles, signs of ageing, wound infections, hair loss**



In addition to these personal health effects, cigarette smoking is a health risk to others around you.

- * **Women who smoke during pregnancy have an increased risk of miscarriage, premature birth, and of delivering a low birth weight baby**

- * **Children who are exposed to tobacco smoke have increased risk of respiratory infections, middle ear infections, meningococcal infection, asthma attacks, and SIDS (cot death)**

- * **Adults exposed to environmental tobacco smoke are at increased risk of developing lung cancer and heart disease.**

You're a fool if you think smoking is cool.



We are going to talk about the damage caused by smoking, and the effects on the individual and the public.



About 5 million adults die from smoking-related diseases around the world every year

The medical experts in Great Britain warned that the threat of smoking to human health is getting greater and greater. The number of smokers in India and China is increasing at an alarming rate, so unless we step up the anti-tobacco efforts, the number of smoking-related death will escalate to 1 billion people by the end of the 21st century, which is about one sixth of the world's population today. That number will be up from the current 100 million deaths.

Dr. Richard Peto of Oxford University pointed on during the NCRI Cancer Conference being held in Birmingham, G. B., that the effects of smoking on human health can't be underestimated. Every year about 5 million adults die from smoking-related diseases around the world, while 30 million people become smokers. If we do not take these statistics seriously, the death toll will keep increasing.

Smoking has become a global issue. The following statistics could provide a reference for the smokers considering quitting:



- **One cigarette** shortens the life by 11 seconds.
- **One pack of cigarettes** shortens the life by 3.5 hours.
- **Smoking for one week** will shorten the life by 1 day.
- **On average**, non-smokers outlive smokers by 14 years.
- **After quitting smoking**, it would take at least 15 years to eliminate all the toxins in the body.



The damages of smoking are multi-faceted. Smoking not only does harm to the smoker, it would do harm to the people around the smoker as well. In addition, smoking causes air and environmental pollutions, increased burden on the health insurance due to the smoking-related diseases, increased burden on the nation's finance, leading to a multitude of economic and social problems. Smoking causes a vicious cycle involving increased medical expenditure and wasted social resources. If this problem is not solved, smoking will become the cancer of this century.

The tobacco companies exploit the child and adult labors in the third world countries to plant tobacco instead of food crops, changing the agricultural system of that nation, causing a shortage of food. These tobacco companies also financially support the politicians in these nations so they may exert their influence on the legislative and

executive processes. They spoil the efforts to enact anti-smoking laws and even target new smoking groups, making the international anti-tobacco efforts more urgent.

We hope that the government could stop the growth of the smokers by enacting tough laws, and recommends everyone to stop smoking, and be courageous in stopping the second-hand smoke.

For the health of the next generation



Please refuse to inhale Second-hand smoke.



*Note: Contents of the booklet are collected from different relevant sources

A Message

From

Ashish Saxena (President), M.A.P.O

For

Tobacco consumers



Tobacco—the only consumer product proven to kill more than half of its regular users—is responsible for about six million deaths worldwide every year. One hundred million people were killed by tobacco in the 20th century. Unless effective measures are implemented to prevent young people from smoking and to help current smokers quit, tobacco will kill one billion people in the 21st century.

The latest edition of the groundbreaking Tobacco Atlas gives shape and meaning to statistics about tobacco use and control.

Tobacco use is the leading preventable agent of death in the world today and is responsible for more than five million deaths each year. Unless urgent action is taken to reverse this global epidemic, the World Health Organization expects that tobacco use will take a greater claim on human health than any single disease and may kill as many as one billion people during this century.

Because of population growth and changing patterns in smoking behavior, due largely to the tobacco industry's strategy of targeting young people and women in the developing world, about 80 percent of tobacco-caused illness and death will be in lower-income countries. In addition to the high costs of treating diseases caused or worsened by tobacco use, including lung cancer, tuberculosis, emphysema, and other chronic lung diseases, tobacco kills people at the peak of wage-earning capacity. This deprives families of their breadwinners and nations of a healthy and productive workforce, leading to lost economic opportunities and a continuation of the cycle of poverty.

MAPO seeks to increase attention to the devastating effects of tobacco and reduce tobacco use in the developing world by supporting organizations active in all facets of tobacco control. MAPO agrees with the principles of the Framework Convention on Tobacco Control, the world's first international public health treaty.

JAI HIND!

JAI BHARAT!