A FOCUS ON TOBACCO USE AND LUNG HEALTH

Every year, on May 31, the World Health Organization (WHO) recognizes World No Tobacco Day to advocate for a reduction in tobacco consumption across the globe. This year’s focus is “Tobacco and Lung Health,” aiming to raise awareness on how tobacco use directly impacts one’s respiratory health.

TOBACCO USE IS A GLOBAL PUBLIC HEALTH THREAT

1B There are over 1 billion smokers worldwide.

7 MILLION deaths worldwide each year.

4,000 Chemicals found in tobacco smoke.

COPD

Tobacco smoke is the leading cause of chronic obstructive pulmonary disease.

Exposure to second-hand smoke also increases the risk of respiratory diseases and lung cancer.

QUITTING TOBACCO MAY AFFECT OVERALL LUNG HEALTH

After 2-12 weeks, circulation may improve along with lung function.

After 1-9 months, coughing and shortness of breath may decrease.

After 10 years, non-smokers’ risk of lung cancer falls to half that of smokers.

QUITTING TOBACCO IS THE BEST THING THAT TOBACCO USERS CAN DO TO PROTECT THE HEALTH OF THEMSELVES AND OTHERS.

Counselling and medication can more than double the chance that a smoker who tries to quit will succeed.

Less than 5 percent of people who try to quit smoking without assistance are cigarette-free after one year.