The Benefits and Health Effects of Quitting Tobacco Smoking

By

Group 3
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Outline

• Introduction
• Goal Statement
• Public Health Problem
• Stages of change
• Health Effects of Tobacco
• Economic benefits of quitting
• Conclusion
Introduction

Every 6.5 seconds someone dies of tobacco use says the World Health Organization
Tobacco use kills more than 5 million people per year.

Accounts for more than 10% adult deaths.

Single most preventable cause of death.

Goal is to persuade undergraduates to quit smoking.

To protect us from socio-economic and health consequences due to tobacco.
Tobacco as a Public Health Priority

• Global epidemic kills 6 million people each year
• More than 600,000 are non-smokers who breath in smoke
• WHO projects more than 8 million deaths per year by 2030
• More than 80% in low and middle income countries
Stages of Change

- Pre-Contemplation
- Contemplation
- Preparation
- Action
- Maintenance
Stages of Change

- Pre-Contemplation
- Contemplation
- Preparation
- Action
- Maintenance
Health Effects of Tobacco Smoke

The Smoker’s Body

Every year, tobacco smoke kills more people than AIDS, malaria, and HIV/AIDS combined.

1. Bronchitis
2. Cancer
3. Wrinkles
4. Hearing loss
5. Throat infections
6. Tooth decay
7. Emphysema
8. Depression
9. Heart disease
10. Stomach ulcers
11. Brain damage
12. Lung cancer
13. Deformed sperm
14. Bladder cancer

Need help quitting? Visit WhyQuit.com

More related PDF versions at www.who.int/cancer.
Health Effects of Tobacco smoke
Death rate from all Causes in the United States, 2012

Deaths per 10,000

Age group in years

Death rate from all Causes in the United States, 2012

- Non-Smokers
- Smokers

Nigeria Field Epidemiology And Laboratory Training Program
## Economic Implication of Quitting Tobacco Smoking

<table>
<thead>
<tr>
<th>Duration of abstinence</th>
<th>Amount Saved ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Pack/ day</td>
</tr>
<tr>
<td></td>
<td>2 Packs/day</td>
</tr>
<tr>
<td>1 day</td>
<td>$5</td>
</tr>
<tr>
<td></td>
<td>$10</td>
</tr>
<tr>
<td>1 week</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>$70</td>
</tr>
<tr>
<td>1 month</td>
<td>$150</td>
</tr>
<tr>
<td></td>
<td>$300</td>
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<tr>
<td>1 year</td>
<td>$1,820</td>
</tr>
<tr>
<td></td>
<td>$3,640</td>
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<tr>
<td>10 years</td>
<td>$18,200</td>
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<tr>
<td></td>
<td>$36,400</td>
</tr>
<tr>
<td>20 years</td>
<td><strong>$36,400</strong></td>
</tr>
<tr>
<td></td>
<td><strong>$72,800</strong></td>
</tr>
</tbody>
</table>
After quitting Tobacco Smoking

• 20 minutes later
  - Blood pressure decreases
  - Pulse rate drops
  - Body temperature increases

• 8 hrs later
  - CO drops
  - $O_2$ level increases to normal

• 24 hrs later
  - Chance of heart attack decreases
After quitting smoking

• 48 hrs later
  - Nerve endings start re-growing
  - Ability to smell and taste re-grows

• 2wks to 3months later
  - Circulation improves
  - Walking becomes easier
  - Lung function increases

9 months -1 year later
  - Coughing, sinus congestion, fatigue, difficult breathing decreases
  - Excess risk of coronary heart disease is halved
So?

Do you still want to keep Smoking?
Stop Smoking!!!
Start Repairing!!!
I WANT YOU TO QUIT SMOKING