



## *The Medical* **Bulletin**

# Lifestyle Modification

### **Tobacco Smoking**

Tobacco smoke contains more than 4000 chemicals and 250 chemicals are carcinogens.

Three types of smoking-Active smoking (1st hand), passive smoking or 2nd hand smoking (environmental tobacco smoke) and 3rd hand smoke.

Third hand smoke is residual nicotine and other chemicals left on indoor surfaces by tobacco smoke. Peoples are exposed to these chemicals by touching contaminated surfaces or breathing in the off-gassing from these surfaces.

The main addictive substance in tobacco is nicotine.

Tobacco Smoking induced lung diseases are Chronic Obstructive Pulmonary Disease (COPD), Lung Cancer, Pneumonia and TB and Asthma attack.

Tobacco smoking induced diseases are many from head to foot - Cancer, Heart attack, stroke, infertility, Thrombo Angitis Obliterans (TAO) etc.

Role of Tobacco Cessation Clinic is to give counselling, medical treatment with Nicotine replacement with gum, patch and inhalers and non-nicotine treatment with oral tablets like Bupropion and Varenicline.

Tobacco smoke induced diseases are preventable, treatable and curable.

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