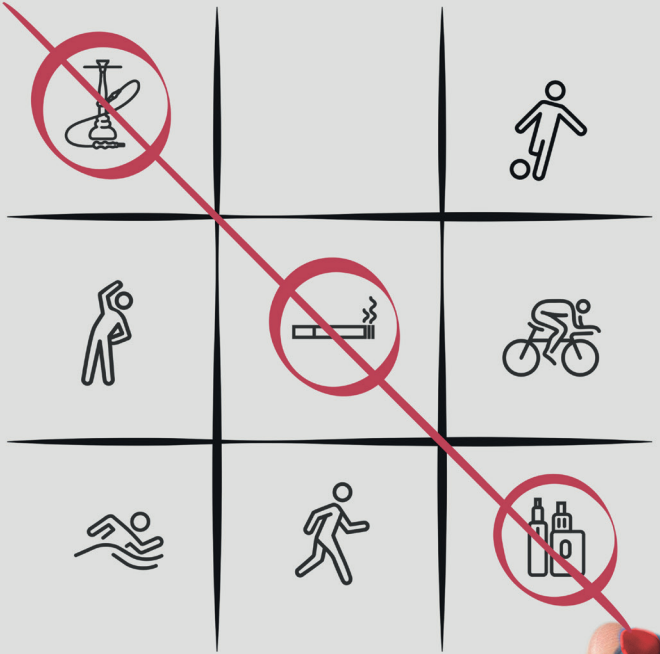




Make the decision.. You can do it..  
**Omit smoking from your life**



TOGETHER TOWARDS A  
SMOKING-FREE ABU DHABI



امسح رمز الاستجابة السريعة لزيارة  
منصات التواصل الاجتماعي الخاصة بنا  
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## Smoking-free

Abu Dhabi

As a global effort to free the world of smoking, the World Health Organization has declared 31<sup>st</sup> May as the World No Smoking Day. The Smoking Control program in Abu Dhabi focuses on motivating individuals, groups and companies to create and enjoy 100% smoke-free environments.

Abu Dhabi Public Health Centre (ADPHC) is proudly working with all sections of society and requests all members of the Abu Dhabi community to help out in creating cleaner and healthier environments for everyone.



## What is smoking?

Smoking is the practice of burning tobacco or heating liquids with the smoke inhaled to be tasted and absorbed into the bloodstream.



## What is second-hand smoke?

- Secondhand smoke (SHS) occurs when people breathe in smoke or aerosols breathed out by people who smoke or from burning tobacco products, like cigarettes, cigars, hookahs, pipes, medwakh or e-cigarettes.
- There is no safe level of exposure to tobacco smoke. Creating 100% smoke-free environments is the only way to protect people from the harmful effects of second-hand tobacco smoke.



## What is Dokha?

- Dokha (Arabic for 'dizzy') is the tobacco product mixed with herbs and spices that is smoked in a pipe called a 'midwakh'.
- known for its high nicotine content, containing up to five times as much as a normal cigarette.
- Dokha is not a safe alternative to traditional cigarette smoking.
- Acute effects of smoking dokha include increased systolic blood pressure, heart rate and respiratory rate.
- Chronic use of dokha can result in damage of blood vessels.



## What is Electronic Nicotine Delivery System (ENDS)?

- Electronic nicotine delivery systems (ENDS) go by many names. The most common name is “e-cigarette”, but others such as e-cigs, e-cigars, e-hookah, vaping devices, mod systems or pod systems, vapes, vape pens and tanks are common terms.
- E-cigarette are now considered as tobacco products.
- The difference between conventional cigarettes and e-cigarettes is that instead of burning tobacco, the user is able to inhale nicotine and other flavorings without any combustion.



## E- cigarettes (Vaping)

- E-cigarette aerosol (vapor) can contain harmful and carcinogenic chemicals.
- E- cigarette aerosol contains ultrafine particles which are more concentrated than smoke from conventional cigarettes and can go more deep into the lungs.
- E-cigarettes contain nicotine, which is highly addictive and can disrupt adolescent brain development.
- To date, no e-cigarette has been approved as a smoking cessation device.



## Second-hand smoke

- Contains more than 7,000 chemicals including about 70 known to cause cancer.
- Irritates the eyes, nose and throat.
- Increases the risk of lung cancer by 20-30%.
- Increases the risk of coronary heart disease and meningitis.
- Aggravates bronchitis, asthma and allergies.
- Causes headaches, dizziness and sickness.
- Increases the chances of ear infections and higher risk of 'cot death' in children/babies.



## What can I do?

Think of one place you use regularly and make it smoke free! It could be your home, your car, your office, or a café or restaurant you like to go to. It might be a private place, just for you, a place you share with family and friends, or even a public place. Speak to others and spread the word to make your environment smoke-free.



## Reasons to quit



For your health.



For your family.



For your kids.



For your environment.



## Tips for quitting smoking

1 Identify the triggers that make you smoke and plan an activity to do instead of smoking after a trigger.

1

2 Throw away any remaining cigarettes.

2

Pick a date and stick to it.

3 Keep a calendar and mark off each smoke-free day.

3

4

Take it one day at a time.

5 Pair up with another quitter for support.

5

6

Tell someone close to you that you are quitting and ask for their support.

7 Avoid situations where you might be tempted to smoke.

7

8

Carry chewing gum and drink lots of water.

9 Don't feel guilty if you slip up..

9

10

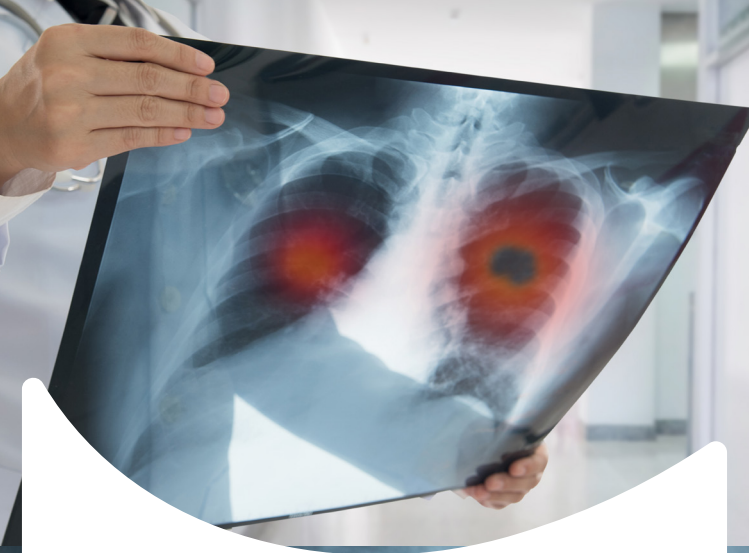
Keep track of all the money you save.

10 Learn from the mistake.

10

11

11 Think positive - you CAN do it!



## The dangers of smoking

- ▶ **1** Smoking is the second major cause of death in the world and it is the single most preventable cause of death and disease in the society today.
- ▶ **2** Smoking related-diseases cause about eight million deaths worldwide per year.
- ▶ **3** Half of the people that smoke today will eventually die from smoking.
- ▶ **4** Over 80% of all lung cancer deaths are caused by smoking. Active smoking also causes mouth, throat, esophageal, gastric and other cancers.
- ▶ **5** Smoking causes vascular and heart diseases leading to heart attacks, death, stroke, clogging of arteries, gangrene and impotence.
- ▶ **6** Smoking during childhood and adolescence causes impaired lung growth, coughing, asthma-related symptoms and dyspnoea (shortness of breath).
- ▶ **7** Smoking increases the risk of miscarriage, low birth weight, premature babies, stillbirth and osteoporosis (brittle bone disease) in women.
- ▶ **8** Smoking addictive.



## Benefits of quitting smoking

**20**  
MINS



Blood pressure and pulse return to normal, circulation improves.

**8**  
HRS



Blood oxygen levels increase to normal, chances of heart attack begin to fall.

**24**  
HRS



Carbon monoxide leaves the body, lungs start to clear out mucus and debris.

**48**  
HRS



Body is now nicotine free, senses of taste and smell begin to improve.

**72**  
HRS



Easier breathing, increased levels of energy.

**2-12**  
WEEKS



Circulation improves throughout the body, walking and exercise get easier.

**3-9**  
MONTHS



Lung efficiency increases by 5 -10%.

**5**  
YRS



Risk of heart attack falls to almost half.

**10**  
YRS



Risk of lung cancer falls to almost half.