

Smoking – The Facts

How smoking affects our health?

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Key Facts

More than 8 million people are being killed every year from **tobacco smoking** while around 1.2 million of those killed are non-smokers exposed to **second-hand smoking**. (WHO)

Second-hand smoking is the inhale of the smoke from tobacco or other products exhaled by a smoker or from burning tobacco products.

Tobacco smoking can affect every organ in human body, causing many diseases and reducing overall health. (CDC)

Data suggest that tobacco smoking is common amongst seafarers mainly due to work-related stress. (Grappasoni I. et al., 2019)

Higher work-related stress is associated with greater smoking intensity amongst smokers and an increased likelihood of being a current smoker, even amongst former smokers. (Kouvonen A. et al., 2005)

'Tobacco epidemic is considered one of the biggest public health threats in the world.' World Health Organization

'All forms of tobacco are harmful, and there is no safe level of exposure to tobacco.' World Health Organization



Heart Disease

Tobacco smokers are of higher risk of developing heart disease and/or stroke.

Heart disease and stroke risks are increased 2 to 4 times by tobacco smoking.



Cardiovascular Disease

Smoking 5 or less tobaccos a day increases CVD risk with people experiencing early signs of it.

Smoking can destroy blood vessels, increasing heart rate and blood pressure.

Smoking can cause the formation of blood clots, blocking blood flow to the brain and increasing stroke risk.

Smoking can induce blockages which reduce blood flow to the legs and skin.



Respiratory Disease

Smoking can damage the airways and cause lung disease such as Chronic Obstructive Pulmonary Disease (COPD); COPD includes bronchitis and emphysema.

Smoking can worsen asthma symptoms in people suffering from it.

People that smoke have 12 to 13 times higher risk dying from COPD.



Cancer

Tobacco smoking causes the most cases of lung cancer risk.

Tobacco smoking can cause cancer almost everywhere in the body.

Other Health Issues

Tobacco smoking affects bones resilience making tobacco users prone to bone fractures.

Tobacco smoking affects mouth gums and teeth, causing tooth loss.

Tobacco users have 30 to 40% higher risk of developing Type 2 Diabetes.

Tobacco smoking can increase risk of developing rheumatoid arthritis.

Tobacco smoking can increase inflammation and decrease immune system.



Smoking and the Environment

How smoking affects the environment, at each stage:

GROWING TOBACCO

4.3 million hectares land are used

Soil degradation
Biodiversity is threatened
Farmers are exposed to hazardous chemicals (pesticides, fertilizers)

TOBACCO CURING

11.4 million metric tons of wood are burned every year

Global deforestation for farmland and wood burning

TOBACCO MANUFACTURING

Annual emissions equal to 3 million transatlantic flights

Environmental Harm: water and energy use, hazardous waste, greenhouse gases

TRANSPORTING TOBACCO

Air pollution which increases stroke and heart attack risks

TOBACCO SMOKE

Toxic emissions and greenhouse gases to people that smoke, around them and the environment

TOBACCO DISPOSAL

Cigarette butts are the main source of litter
Cigarette filters are not biodegradable
Tobacco packages = 2 million tons of waste every year



Tobacco smoking harms both our health and the environment!

Benefits when Quitting Smoking!



1-2 years after quitting
Risk of heart attack drops!



20 minutes after quitting
Heart rate and blood pressure drop!



2 weeks to 3 months after quitting
Circulation improves and lung function increases!



10 years after quitting
Lung cancer risk decreases almost half!
Bladder, oesophagus, and kidney cancer risks decrease!

1-12 months after quitting
Coughing and shortness of breath decrease!



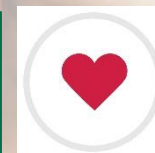
A few days after quitting
The carbon monoxide level in blood drops to normal!



5 to 10 years after quitting
Mouth, throat, and larynx cancer risks decrease!
Stroke risk decreases!



15 years after quitting
Coronary heart disease risk is close to that of a non-smoker!



Tips to quit smoking!

- ✓ **List all the reasons to quit** and remind yourself when needed!
- ✓ **Let your co-workers know you are trying to quit!** More is always better than one.
- ✓ **Avoid triggers!** Identify and replace the things or emotions that made you smoke, such as stress, or being away from family.
- ✓ **Chew on it!** When feeling the need to smoke, chew a gum or a snack that will keep your mouth busy. Prefer a fruit or chopped vegetables that always available on-board.
- ✓ **Exercise!** Do some exercise on your vessel, or even walk down and up the stairs of the deck to keep you busy.
- ✓ **Find ways to relax from work-related stress!** Go for a walk outside and take some deep breaths of fresh air, talk with another member of the crew about something positive.



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 Oceanic

wellbeing@oceanic-services.com

www.oceanic-services.com

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