

QUESTIONS AND ANSWERS ABOUT SMOKING AND HEALTH

PREFACE

This booklet is designed for people who can read and are willing to know about the harm caused by tobacco use. They can be quit motivators, professors, school teachers, health professionals, health policy makers and in particular smokers who always misunderstand their habit of smoking. Because our country lacks of information sources, the booklet development group uses the information from foreign countries to adopt it to Cambodia context based on scientific concept.

We hope that this booklet is able to help the readers to understand more the danger of smoking. Moreover we hope that you will enjoy the benefit from your smoke-free lives and spread the messages to others, so that we can together have healthy lives.

Finally, we thank you a lot for your recommendation and improvement you will make to us.

For more information, contact Tobacco or Health Program, ADRA Cambodia.

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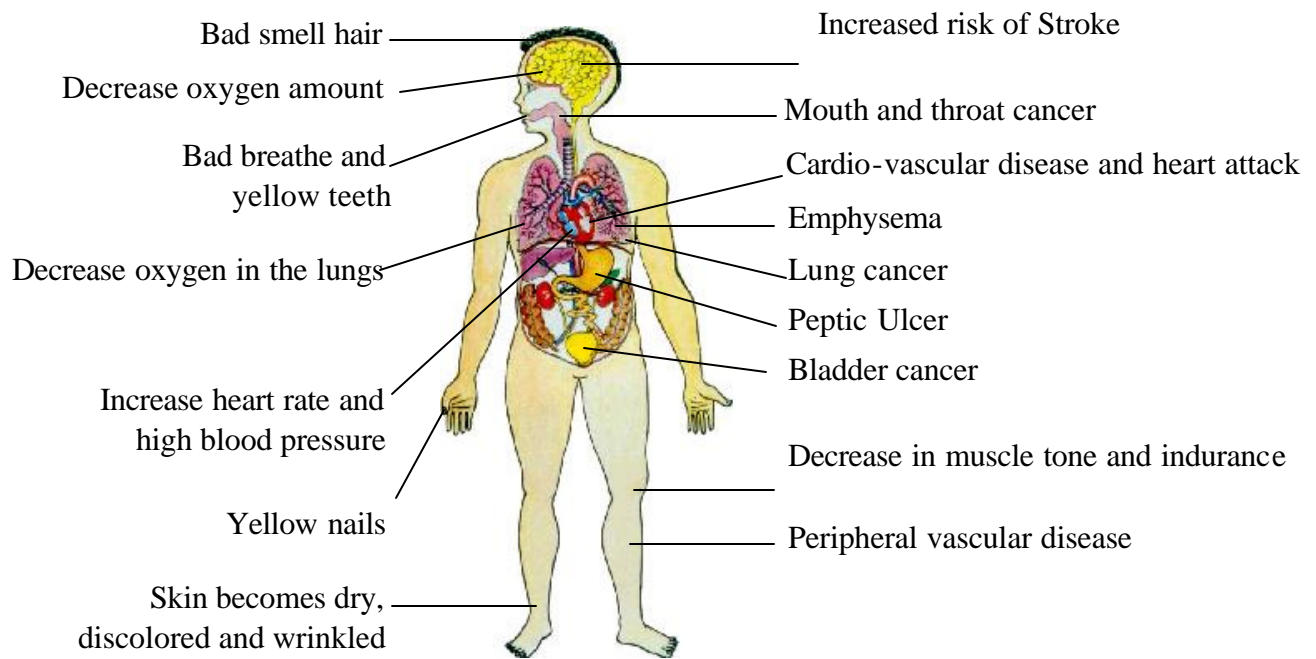
1. Does smoking help you to relax?

Smoker, who addicts to Nicotine, feels exhausting, craving and confusing and is hard to concentrate while he does not smoke. But when he smoke, he gets better. That is why he misunderstands that smoking helps to relax. In fact, it is the Nicotine in cigarette that causes these feelings. Moreover, smoking makes your heart beats faster and your blood pressure increased. Do you know that smokers get gastric ulcer twice greater than non-smokers? Most smokers get chronic cough and feel tired. So you would not feel like that if you are not addicted.

2. Does smoking make you cool?

No, that is not true. The real cool comes from inside you. It is not what you are holding in your hand or what you are putting in your mouth. People are seen cool because of their confidence and responsibility. If you hold cigarette in your hand to be cool, how you get it? The truth is that, you are destroying your beauty/charm, money, health and life.

3. Does smoking cause many diseases?



Absolutely yes, all well-known health agencies recognize that smoking is a main cause of lung cancer, heart diseases, chronic bronchitis, emphysema, blood vessel diseases, cancer of voice box , of digestive tube, of kidney and gastric ulcer. In addition, smoking is associated with gastric and uterus cancer, sterilization sexual impotence.

4. Does smoking cause other lung disease?



That is true. Smoking causes other lung diseases which are as serious as lung cancer. First, smoking causes chronic bronchitis, a disease that the air way produces too much phlegm. It makes smokers cough very often. Second, smoking is among the main cause of emphysema, a disease that reduces gradually the breathing ability.

Usually, thousands of alveoli form a surface of 81.90m² in lungs. In case of emphysema, alveoli's walls break and form only 2-3 big alveoli in which absorbance of Oxygen into blood is much less. Therefore, the whole surface of lungs become smaller. This makes the patients hard to breath and need oxygen container to help to breath. Chronic Obstructive Pulmonary Disease which includes chronic bronchitis and emphysema kill 81,000 people annually in United State. Among them 65,000 people are the Chronic Obstructive Pulmonary caused by smoking.

5. I smoke hand-rolled cigarette, is it safer than industrious cigarette?

No, not really. Both hand-rolled and industrious cigarette make of tobacco leaves. Therefore, they are dangerous similarly. In fact, filter cigarette can absorb very limited amount of Tar and Nicotine.

6. What problems does Carbon Monoxide cause?

Carbon Monoxide is a dangerous gas which can kill people. The gas is so dangerous because it can fix with red blood cells greater than Oxygen can. This means much Carbon Monoxide replaces oxygen in the red blood cells that effect the distribution of oxygen in the body. Carbon Monoxide makes Oxygen more difficult in penetrating into the muscles and other organs. So, when people smoke, their hearts work more, but fewer outcomes. Health experts believe that Carbon Monoxide and Nicotine play an important role in increasing risk of heart diseases and stroke. Moreover, Carbon Monoxide reduces visual and audio ability and judgment. So Carbon Monoxide increases risk of driving and effects physical ability, especially, pilot and crew.

7. Do filter reduce the danger of cigarette smoke?

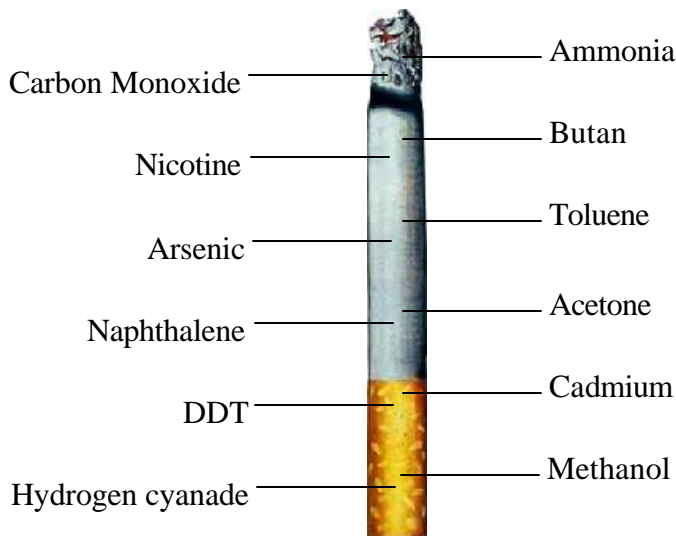
Cigarette filter usually trap part of the Tar and Nicotine but do not make the cigarette safe.

8. Is it true that smoking causes lung cancer?



Absolutely true. According to scientists, amongst deaths by cancers, 30% caused by smoking and lung cancer caused by smoking stands for 85% of death. In addition, smoking is a main cause of throat, mouth, kidney cancer and others.

9. What are inside tobacco smoke?



Tobacco smoke contains more than 4,000 chemicals which include 43 carcinogens. Some chemicals response for heart and lung diseases which lead to disabilities and deaths. You will be surprised if you find some dangerous in cigarette smoke such as **Cyanide**, poison used in gas chambers, **Ammonia**, floor cleaner, **Arsenic**, white ant poison, **Butane**, lighter fuel, **Toluene**, industrial solvent, **DDT**, insecticide, **Acetone**, paint stripper, **Cadmium**, used in car batteries, **Methanol**, rocket fuel, **Naphthalen**, Moth poison, **Carbon monoxide**, poisonous gas in car exhausts and **Nicotine**, additive substance.

10. I smoke pipe or cigar, is it less harmful than cigarette?

Smoking pipe or cigar is not a healthy alternative to smoking cigarette because risk of lung cancer is still very high in people using pipe or cigar. Most of those are old and have smoked for many years. Therefore, smoking cigarette or cigar or pipe is high risky, but just different time.

11. If I just smoke, but not inhale, is it dangerous?

Yes, whenever smoke touches living cells, it does harm. So even if smokers don't inhale including pipe and cigar smokers, they are at an increased risk for lip, mouth and tongue cancer. Because it is virtually impossible to avoid inhaling tobacco smoke totally, these smokers have an increased chance of getting lung cancer. Lung cancer is much more likely to occur in a person who has always smoke cigars or pipes than in a person who has never smoked at all.

12. Is there a safe cigarette?

No, cigarettes are perhaps the only legal product whose advertised and intended use, that is, smoking them has a great capacity to cause bodily harm. Therefore, there is no cigarette safe.

13. I smoke only low-tar cigarette, it is no problem!

It is wrong, low tar cigarette just means less tar in one cigarette. But if you choose it you have to smoke more cigarettes to satisfy your desire. So your body still gets the same amount of tar and sure it is dangerous. It is only safe not to smoke.

14. Are menthol cigarettes safer than other brands?

Menthol cigarettes are not safer than other brands and may even be more dangerous. These brands contain enough menthol to produce a "cool" feeling in the throat when smoke is inhaled. People who smoke menthol cigarettes can inhale more deeply or hold the smoke inside longer than smokers of non-menthol cigarettes. This may help explain why menthol-cigarette smokers but just fewer cigarettes a day are more likely to die from smoking related diseases like lung cancer, heart diseases and stroke.

15. I smoke only few cigarettes a day, is it dangerous?

Sure it is, every cigarette is doing you damage. By the way, it is hard to smoke only few cigarettes a day. Your craving will make you smoke more.

16. I don't concern much on smoking because I can quit anytime I want!

Tobacco contains Nicotine which makes you addicted as Cocaine and Heroine do. When you inhale cigarette smoke, Nicotine enters your body through your mouth, throat and lungs. Within 7 seconds, Nicotine reaches your brain and affects your

mind and body. Addiction starts from then. Studies show that addiction develops right after the first smoke. That is why the younger you start smoking the harder you are to quit. In brief, smoking is hard to kick off just like other drugs.

17. Is smoking addictive?

That is right. Nicotine in tobacco makes smokers addicted. The US General Surgeon has classified Nicotine as Addicted Drug, along with Heroin and Cocaine, due to three main reasons.

Firstly, when absorbing small amount of Nicotine, it makes you relaxed and urged you to smoke more.

Secondly, when smokers become addicted to Nicotine, they mentally and physically suffer when they give up smoking. The suffering can be depression, headache, insomnia and other symptoms.

Thirdly, Nicotine is a drug which affects brain and nervous system. That is the way that smoking affects your mind and your feeling. Because of Nicotine addiction, smokers find themselves hard to quit even they want.

18. What does Nicotine do in the body?

The first dose of Nicotine stimulates smokers and the second dose makes them calm and relaxed. Those are the reasons for many smokers continue their habit. But do not forget, Nicotine is poisonous. On the other hand, high dose of Nicotine can kill you by stopping your breath muscles. Actually, smokers take in only small amount of Nicotine which is metabolized immediately in the body. That is why smoking does not kill smokers suddenly. In fact, Nicotine affects you before it is changed. It is true that smokers feel sick whenever they smoke more. It is because Nicotine increases your blood pressure and your heart beats by 33 times a second. Nicotine reduces your body temperature and your blood flow to hands and feet. Health specialists believe that Nicotine play an important role in increasing risks of heart disease and strokes in smokers.

19. While I don't smoke, I can do nothing!

It is not surprised as you feel so because your smoking habit associates with your daily activities for a long period of time. It is seen clearly when you are thinking and doing something, you smoke. In fact, chemicals in tobacco reduce your ability. You can do your work better when you do not smoke. Just try to think that you are doing a work better without cigarette. You can substitute your habit by holding pencil or stapler in your hand or inhale medical oil tube. It takes not so long for you to adapt to the better habit, doing your work without smoking.

20. Does smoking cause cancer?

Sure, because tobacco contains more than 34 carcinogenic agents. Smoking causes not only lung cancer but many other diseases. In United State, lung cancer caused by smoking kills 30% of all death caused by various cancers. Amongst the death from lung cancer, 90% of male and 70% of female caused by smoking.

Besides lung cancer, smoking responses for cancer of mouth, of voice box and of digestive tube. Moreover, it can increase the risk of developing kidney, stomach, uterus cancer and so on. The indication comes from thousand of researches and findings both on human and animals.

21. Is it true that smoke one cigarette reduces 10-11 minutes of life?

Yes, it is. According to the World Health Organization (WHO):

- ? 50 % of smokers can live until their expected life with poor quality of their health, disease association and disability.
- ? Other 50% will die prematurely. It can conclude that smokers will loose 7-22 years of age in their whole lives. That means one cigarette smoked, reduces 10-11 minutes of life.

22. Does smoking affect family's income?

One cigarette costs only 100 Riels, is it not expensive? One pack of cigarette costs about 1500 Riels. If you smoke one pack of cigarette, you will spend 10 500 Riels a week or 42 000 Riels a month and for the period of 50 years the cost will be 26 000 000 Riels equal to US\$ 410 000 by smoking. Just imagine what can you buy from this sum of money? Probably 7 new branded motor-bikes or a luxury car or an apartment.

In addition to this, smoking costs much more money on treating diseases caused by smoking. Imagine how much will you be charged when you go to a doctor? How much time will you loose when you get sick? Smoking one cigarette reduces 10-11 minutes of your life. And if you smoke for your whole life, you will loose 15-20 years. Smoking makes huge damage to your health. Moreover, smoking affects your friends and your family because they inhale your harmful smoke. If you want your lovely people to be safe, please do not smoke near them. Therefore, smoking affects your health, money, life and happiness of your friends and your family. Do you still want to smoke?

23. Does smoking make lost national economy?

According to the first survey on economic burden by tobacco consumption in Cambodia between 1997-2007, which conducted by The Ministry of Health and World Health Organization(WHO), states that if there is no effective measure and no behaviors changed, in 2007 there are 73.527 Cambodia's people will die and result in US\$ 38.000 economic lost every years.

24. How many smokers are in Cambodia?

According to the survey conducted in 1996 and in 1998 by ADRA Cambodia shows that 86% of rural men and 62% of urban smokers are smokers. Of all adult men, 82.20% are smokers.

25. My grandfather smokes 60 cigarettes a day, almost his whole life, but he is still alive in his ninety! why?

He is very lucky. There is no way by which we can predict when a person will die by his smoking. However, according to WHO, all smokers are unhealthy and loose 15 to 20 years of age by smoking. Of them, 25% reduces 22 years of age; other 25% loses 20% and the last 50% lives through their life expectancy with poor quality of life, diseases and disability. In brief, 2 people go into mines field, one of them die and another injure, will you still want to be there. In your grandfather's case, he is expected to live longer if he does not smoke.

26. Is there danger to pregnant women and their unborn babies, if they smoke?

It is very dangerous for smoking when pregnant. It affects both mother and her unborn baby. When the mother smokes, her baby does. Chemicals of tobacco enter the baby's blood circulation through the cord. It leads to miscarriage, premature delivery, die in uterus and light-born baby who is high risk to sever illnesses.

27. What is passive smoke?

Passive smoking is inhaling involuntarily cigarette smoke in the air. Passive smokers are children lived with their smoking parents and unborn babies of smoking mothers.

28. Does the smell from where tobacco is stocked cause danger to health?

No, it is not cigarette smoke but just the smell which is attracted to start smoking. However, effects on health caused by burning cigarette full of poisons. Tobacco, in another way, harms you when it touches you for long time like in cases of tobacco chewing and sniffing. It is no problem for delivering tobacco by your hands not so often

29. Is it dangerous the environmental smoke?

Yes, it is. Like active smoking, passive smoking can lead to health's consequences. Its short-term effects are headache, cough, sore throat and so on. Its long-term effects are linked to increase risk of lung cancer, heart attack and damaged lung function.

Passive smoke increases the severity of those who have got:

- ? Asthma, bronchitis and heart diseases.
- ? Influenza and allergy.

30. Does cigarette smoke cause health problems to children?

Yes it is, since your children breathe the air polluted by tobacco smoke, particularly, the smoke from the smoking parents inside the house.

- ? Development of children' lungs is retarded when the parents smoke.

- ? Increasing risks of nose, throat and lung infections which lead to cough, cold, sore throat, bronchitis and pneumonia.
- ? Aggravation of asthma and frequency in ear infections.
- ? The children are likely to become smokers if their parents smoke.

31. Does smoking take a long time to cause any disease?

Not so long, just one cigarette makes your heart beats faster, increases your blood pressure and decreases blood volume and amount of air to your lungs. Nicotine from cigarette is responsible for this. Moreover, it paralyses your respiratory cilia, normally, the cilia works to clean the air way. As for Carbon Monoxide, it replaces oxygen's place in blood circulation that is why smokers are weaker than non-smokers. These facts happen only few minutes after smoking.

32. Do smokers who gave up their smoking live longer than those who still smoke?

Exactly it is. It is never too late to quit. The sooner the smokers kick off their habits, the better chances they have in recovery. Smokers, who gave up their smoking for 15 years, the chance to get lung cancer is just a little bit higher than non-smokers. The risk reduction is associated with the number of cigarettes smoked; age starts smoking and amount of smoke inhaled in your lung. The risk of heart diseases immediately low down after quitting. For those who smoked less than one package of cigarette a day and gave up their smoking for more than 10 years, the rate of heart diseases is equal to who never smoke.

33. Why do people start to smoke?

There are several reasons to start smoking:

1. Peer pressure
2. Influences from adult smokers such as parents, teachers, health professionals and others.
3. Cigarette advertising which shows the images of cool, glory by popular stars and free cigarette sample giving. Tobacco Industries spent US\$ 2.60 M in 1997 on advertising. It increased 300 times compared to 1996. The reason to spend huge money on advertising is to increase the number of smokers.
4. Social acceptance to smoking since the past, because of unknowledges about smoking.

34. Why do smokers keep going on smoking?

Even 78% of smokers want to quit by realizing the bad effects of smoking, but still they can not help themselves to quit successfully. Of many reasons (entertain, relax, reduce stress and keep weight) which make them hard to quit, the three main reasons are: Mental and Physical Addiction and Habit. Nicotine is responsible for these reasons.

35. I have tried to quit many times, but I failed! Can I quit?

Yes, you can. Your attempts to quit in the past will make you easier to quit successfully now. Many smokers had tried several times to succeed. Don't think that your next attempt will not succeed. Your failure in the past makes you are ready for this attempt.

36. If smoking is so dangerous, why are tobacco products legal?

Smoking is accepted in many countries since the past. There are 1,100 billions smokers around the world and 2,229,686 smokers in Cambodia. That is why it is too hard to make smoking disappears immediately. In addition, until now people have not yet aware of smoking harm. In some countries, tax from tobacco is considered as economic income.

However, nowadays, many governments in the world recognize that tobacco consumption is a burden to health and social economy. Its economic cost is much greater than tax.

Even tobacco products are legal, but their uses are not permitted by laws in public place, workplace, school and restaurant. Legislation banning tobacco advertising has been implemented in many countries included Thailand and Vietnam.

If people know clearly about smoking, they would kick it off since the past.

37. What happen if I quit?

- ? Craving for smoke within few days when Nicotine is been eliminating from your body. You feel suffer when your blood circulation is trying to recover.
- ? Coughing means your lungs are now cleaning themselves out.
- ? Restlessness and difficulty concentrating because your body is adjusting to being free of nicotine.
- ? You feel unwell, but don't worry, it lasts for short time. In fact you are in the process of recovering.

38. Is there any medicine which can make my quit be easier?

Many smokers find any substances that can help them to quit easier like Nicotine Patch and Nicotine Gum in which contain only Nicotine. However, more than 90% of smokers had quit by "Cool Turkey" without any substances. Nicotine replacement (Nicotine patch and gum) may helpful only with those who are heavy smokers (smoke more than one package of cigarette a day) to cope with their strong withdrawal symptoms. In addition, Nicotine replacement may cause side effects such as allergy, insomnia, digestive trouble, body pain and more cough. Moreover, it is contra-indication for pregnant women or breastfeeding mothers, those who experience pain in chest, diabetics, gastric ulcer, stroke and heart attack. In summary, Nicotine replacement is not so effective and convenient.

39. I have smoked for 30 years, does my health recover if I quit?

When you quit you get benefits immediately. Here is how your body starts to recover;

- ? **After a few hours** the nicotine is out of your blood system. In about two days, all the nicotine by-products have gone.
- ? **After 24 hours** the carbon monoxide (a deadly gas) from smoking is out of your system, allowing more oxygen to get around your body. Your lungs are able to work better.
- ? **After 2 days** your taste buds come alive and you can taste food better. Your sense of smell returns. Your breath, hairs, fingers, teeth and clothes are cleaner.
- ? **Within a few days** your lungs will start to clean out all the rubbish collected in them while you smoked. You may cough some of this up as phlegm.
- ? **Within a few weeks** cilia, which clean out the lungs, begin to recover. Your lungs can now work better, making exercise easier than before.
- ? **Within two months** of quitting, blood will flow more easily to fingers and toes. They won't get so cool now in winter and you will have more energy.
- ? **After 3 months** both men and women become more fertile.
- ? **After 1-2 years** your risk of sudden death from heart attack is down to almost half that of smokers.
- ? **After 3 years** your risk of sudden death from heart attack is down to almost the same as for as a non-smoker.
- ? **After 10 years** your risk of lung cancer is down to almost half of that smoker.
- ? **After 15 years** your risk of lung cancer, stroke and other smoking related diseases decline to almost the same as for as a non-smoker.

40. Why do smokers give up their habits?

Smokers come up with different reasons to quit. They are:

- ? Live longer- One in 2 smokers will die prematurely from smoking-related diseases. Smoking kills more than 4 millions people each year around the world.
- ? Avoid poisons- Tobacco smoke contains nearly 4,000 chemicals, some of which cause cancer.
- ? Prevent disease- Lung cancer, heart disease; emphysema and stroke are just some of the tragic diseases that can be prevented by giving up smoking.
- ? Protect others- When you smoke, so do the people around you. This is called passive smoking. It can cause lung cancer, respiratory disease and aggravate asthma in non-smokers. Passive smoke is particularly harmful to children.

- ? Be a good role model- If you have children, you are an important role model to them. Children are more likely to take up smoking if one or both parents smoke.
- ? Healthier children- Children whose parents smoke are more likely to develop pneumonia, asthma, bronchitis and other allergies. They are also more likely to experience eye, nose and throat irritation, and to develop chronic respiratory symptoms such as coughs and phlegm.
- ? Improve fitness- Smoking reduces your fitness and can make walking, running and other exercise harder to do.
- ? Improve taste and smell- Your sense of taste and smell improve when you quit smoking.
- ? Better skin- Smoking starves the skin of oxygen so new cells cannot grow. Smokers often have grey, sallow skin and premature wrinkles around the eyes and mouth.
- ? Fresher breath- Your breath will smell better when you quit smoking.
- ? Whiter teeth- Smoking stains your teeth, and yellow teeth are nothing to smile about.
- ? Nicer smelling hairs and clothes- Stale cigarette smoke lingers on your hairs and clothes. You will really notice the difference when you quit.
- ? Protect the environment- Nearly five million hectares of forest are destroyed each year to provide trees to dry tobacco. That's about a tree a fortnight for the average smoker.
- ? Save money- If you smoke a pack a day, just calculate how much you save from quitting:

Cost of a pack cigarette	=	1,500 Riels		
Cost of a day smoke	=	1,500 Riels		
Cost of one week smoke	=	1,500 Riels	x	7 days
Cost of one year smoke	=	10,500 Riels	x	52 weeks
So for 20 years, the money you save				
		504, 00	x	20 years = 10,080,000 Riels

41. How can smokers kick off cigarette permanently?

The most effective way to quit is your commitment. Then you need some strategies to convince yourselves.

- ? You have to decide to quit and do it immediately.
- ? Don't keep cigarettes in your pocket. Clean your ashtray. Keep the lighter away from you.
- ? Declare that you quit. Ask your friends and your family to support you to quit.
- ? Be away of smokers and any situation that motivate you to smoke, especially in the first few weeks.
- ? Do exercise: swimming, running or walking.
- ? Change your habits and spend your most time with non-smokers.
- ? Eat food which makes you healthier such as fruits and vegetables.

- ? Go to dentist's to clean your teeth and commit you will no longer let you teeth stained with tobacco smoke.

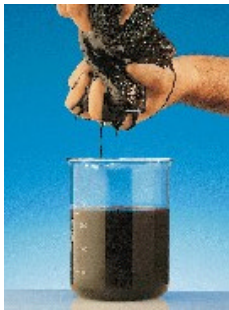
42. Is there a safe way to smoke?

No. all cigarettes can cause damage and smoking even a small amount is dangerous. Cigarettes are perhaps the only legal product whose advertised and intended use that is; smoking them will hurt the body. Some people try to make smoking safer by smoking a few cigarettes, but most smokers find this difficult. Some people think that switching from high tar/nicotine cigarettes are to those with low tar/nicotine content make smoking safer, but it does not always happen. When people switch to low tar/nicotine brand they often smoke more cigarettes and more of each cigarette to get the same nicotine does as before. A low tar cigarette can become a high tar cigarette when the person take deeper puffs, puffs more frequently, or smoke a cigarette to shorter butt length. Even if smoker switch to lower tar brands avoid these changes in smoking behavior, the health benefits from switching would be insignificant compared with the benefits of quitting all together.

43. Does cigarette really reduce stress?

If you smoke cigarette or drink alcohol to reduce stress, it means you are not solving it. The best way you choose is to stand up and solve the problem. It is true that you need support from others because some problems are beyond of your own capabilities, but not depends on cigarette. In fact, smoking reduces the amount of oxygen to your brain; as a result your judgment can be ruined. In brief, smoking does not help to reduce stress but makes your brain more confused. For instance, students who failed in their exams, smoking or drinking cannot change the result.

44. How does smoking cause lung diseases?



There are four main chemicals in tobacco smoke:

1. Nicotine- the addictive drug which causes cardio-vascular disease.
2. Carbon monoxide- a poisonous gas which reduces the amount of oxygen carried by the blood.

3. Tar- a complex substance consisting of many chemicals, including proven cancer-causing agents.
4. Hydrogen cyanide- a gas which paralyses cilia, the tiny hairs that move together in waves to help keep lungs clean.

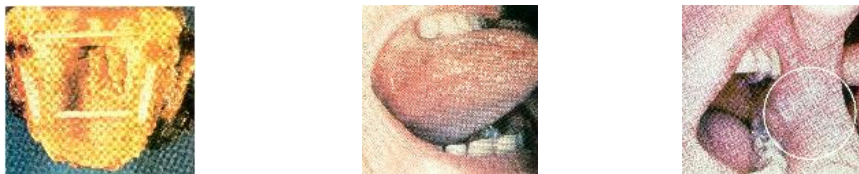
45. Why does smoker cough often and get phlegm in his airway?

Cigarette smoke contains chemicals irritated air way and lungs. When you inhale these chemicals, your body tries to prevent itself by coughing out the substances. The morning cough of smokers may have different reasons.

Usually, the cilia take role to clean out dangerous substances from your lungs. Unfortunately, smoking paralyses cilia's function, so the extra-substances remain in your lungs. When smokers are sleeping, some cilia recover and start to clean lungs. That is why when smokers wake up; they cough to get out poisonous chemicals taken in yesterday. But when the cilia touch tobacco smoke permanently for long time, the cilia stop working totally. Therefore, smokers' lungs suffer from the poison and are at risk of contacting microbes in the air way.



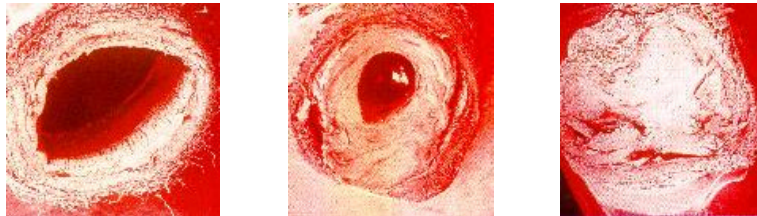
46. Are chewing and inhaling tobacco less harmful and they can substitute smoking?



No, they cannot. Tobacco inhaling and chewing are as harmful as smoking. Many people believe that, they are not dangerous because they don't produce any smoke. It is wrong. Both products contain nicotine like cigarette. When inhaling, cancer-causing agents enter your lungs 10 times in average greater than smoking. Chemicals in chewing and inhaling tobacco come to your body through your mouth and nose. They cause inflammation in your mouth and may lead to mouth cancer. Actually, those who chew and inhale tobacco have got greater chance of

developing cancer in some location: gingival, throat, voice box and digestive tube. Other consequences, black teeth, gingival inflammation and bad smell. Those people addict to nicotine and they may change to smoking to satisfy their desire. Some other people chew and smoke simultaneously that lead to increase of danger.

47. Does smoking cause heart and blood vessels diseases?



Yes, smoking does. Smoking increases risks of cardio-vascular disease. About 115,000 American people die every year from heart attack and other heart diseases caused by smoking. Smoking, high blood pressure, hypercholesterolemia and insufficient exercise are risks of heart disease. Smoking doubles risks of heart disease. People who associate smoking with other factors, extremely increase the chance of heart disease. For example, if you have got high blood pressure and hypercholesterolemia and you smoke, the chance of getting heart disease is 8 times greater than. Smokers who experienced heart attack in the past, have got more chance of heart attack than non-smokers.

48. Where can I get help?

If you have any questions, please contact:

1. National Center for Health Promotion, Ministry of Health

Building 162, Preah Sihanouk boulevard, Sangkat Boeng Keng Kang I, Khan Chamkar Morn.

Phone/Fax: (855) 23 213608-09

2. School Health Department, Ministry of Education, Youth and Sport

Building 169, Preah Norodom Boulevard.

3. Tobacco or Health Program, ADRA Cambodia

P.O.Box 105, House 15, Street 574, Khan Tuol Kok, Phnom Penh

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