



World No Tobacco Day

Vinod Kandakure*

Department of ENT, Government Medical College, India

Editorial

Tobacco is a product prepared from the leaves of the tobacco plant. It contains the alkaloid nicotine which is a stimulant. In 2008, the World Health Organization has named tobacco as the world's single greatest preventable cause of death.

The World No Tobacco Day is observed on the 31st of May every year to apprise the general public of the potential dangers to health from the use of tobacco in various forms and dissuading people from using tobacco products, thus preventing development of the consequent health hazards in the individuals as well as the society at large.

While majority of lung cancers are caused due to tobacco, tobacco chewing and smoking are also responsible for other cancers such as oral cancer and cancers of wind pipe and food pipe.

We still see a large number of youngsters falling prey to this deadly habit, inspite of various efforts being taken to reduce the consumption of tobacco. Thus, a multi-disciplinary approach has to be constructed to fight this menace.

People of either sex and of varied age groups from all parts of our country have been using tobacco in different forms. Some use cigarette, beedi, chillum, hookah, cigars and chutta (a homemade cigar) for smoking, while others use smokeless tobacco such as in- snuff, pan, gutkha, khaini, pan masala, mishri, mawa and toothpaste with tobacco.

To stay healthy and avoid cancer one can restrict oneself from tobacco chewing and smoking. In India, incidence of oral and airway cancers is sky high due to a huge amount of people consuming tobacco. Among all cancer patients in our country, 56.4% of males and 46.9% of females are addicted to tobacco. Risk of lung cancer increases to 90% in the people who chew tobacco and ones who smoke than the people without these addictions. Tobacco also causes diseases of heart and blood vessels. Coronary artery disease, chest pain, death due to heart attack, brain disorders such as stroke is other major diseases caused by tobacco abuse. Tobacco consumption causes raised blood pressure and decreases the blood flow in the coronary vessels due to blockage in the artery. Tuberculosis is also associated with tobacco indirectly; Tuberculosis incidence has been observed to be 3 times more in smokers than non-smokers. Such are the adverse health issues caused directly and indirectly by tobacco. Hence, one must stay away from tobacco chewing and smoking to live a healthy lifestyle.

Formulating new policies to involve all stakeholders, raising taxes on tobacco products etc., is required to curtail this threat on a national level. Similarly, the planning and execution of different awareness programs in every nook and corner and the smallest of towns in the country is must.

In the end, one has to make a choice between tobacco and life. One can refrain from the risk of acquiring various hazardous and life-threatening diseases over a period of time by quitting tobacco. A strong and firm resolve to quit tobacco chewing and smoking is the need of the hour. Either quit or face the dangerous consequences, there is no midway. Remember, it is never too late to stop!

OPEN ACCESS

*Correspondence:

Vinod Kandakure, Department of ENT,
Government Medical College, Latur,
Maharashtra, India,
E-mail: vinodkandakure@gmail.com

Received Date: 03 Jun 2019

Accepted Date: 26 Jun 2019

Published Date: 03 Jul 2019

Citation:

Kandakure V. World No Tobacco Day.
Am J Otolaryngol Head Neck Surg.
2019; 2(6): 1057.

Copyright © 2019 Vinod Kandakure.

This is an open access article
distributed under the Creative
Commons Attribution License, which
permits unrestricted use, distribution,
and reproduction in any medium,
provided the original work is properly
cited.