



King Hussein Cancer Center



SMOKING AND YOUR HEALTH

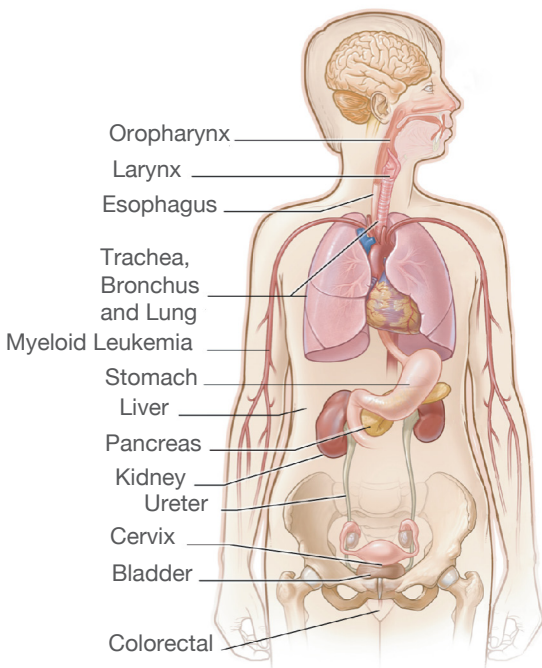


HEALTH RISKS FOR SMOKERS

Smoking harms your health, but how? Take a closer look at the risks associated with smoking.

Cancer

Smoking is identified as the biggest cause for lung cancer. It is also a known risk factor for several other cancers:



Source: U.S. Department of Health and Human Services 2004, 2006, 2012.

Respiratory diseases

Smoking is the main cause for Chronic Obstructive Pulmonary Disease (COPD). Smoking can also worsen asthma conditions in adults who smoke.



Cardiovascular diseases

Many studies have shown that cigarette smoking is a major cause of coronary heart disease, which leads to heart attack.



Diabetes

Smoking is a cause of type 2 diabetes, and the risk for developing diabetes is higher for smokers than nonsmokers.



Fertility levels and birth problems

Smoking can reduce fertility, and smoking during pregnancy can lead to miscarriage, stillbirth and illness in early infancy.



HEALTH RISKS OF SECONDHAND SMOKE EXPOSURE

Secondhand smoke is the smoke produced from burning tobacco products. It is also smoke that has been exhaled (or breathed out) by the person smoking. Here are the health consequences of being exposed to secondhand smoke:

Adults

- Stroke
- Nasal Irritation
- Lung Cancer
- Coronary Heart Disease
- Reproductive Effects in Women: Low Birth Weight

Children

- Middle Ear Disease
- Respiratory Symptoms, Impaired Lung Function
- Lower Respiratory Illness
- Sudden Infant Death Syndrome

ARE YOU AWARE OF THE DANGERS OF THIRDHAND SMOKE?

Thirdhand smoke is the residual nicotine and other chemicals left behind on indoor surfaces by tobacco smoke.

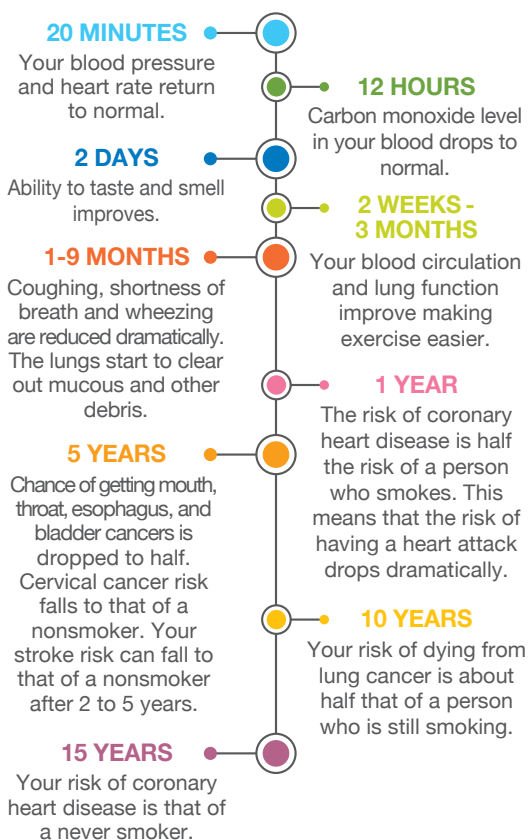


If you are not ready to quit, avoid exposing others to the harms of secondhand and thirdhand smoke.

The harms caused by thirdhand smoke are especially high in children. Exposure to thirdhand smoke has been linked to learning difficulties and low IQ levels, and even cancer. The only way to protect nonsmokers from secondhand and thirdhand smoke is to create a smoke-free environment.

REWARDS OF QUITTING SMOKING

Did you know that the health benefits of quitting smoking kick in almost immediately and increase over time? Here's a summary of some of these health benefits:



Quitting smoking also lowers your risk of type 2 diabetes in the long term to that of a never smoker.

WHAT YOU DON'T KNOW ABOUT TOBACCO

Tobacco smoke is like a mini chemical factory pumping out **over 7,000 chemicals** with every puff. Many of these are poisonous and **at least 70** are known to cause cancer.

WHAT'S IN A CIGARETTE?

Here are a few harmful chemicals found in tobacco smoke:



Polonium



Tar



Ammonia



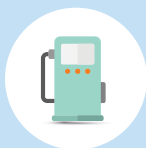
Nicotine



Arsenic



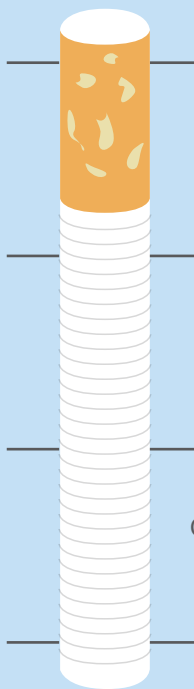
Carbon Monoxide



Methanol



Acetone



WHO WE ARE

About us

The Tobacco Dependence Treatment Clinic was established in 2008 to reduce the cancer burden in Jordan and to contribute to effective tobacco control. Smoking cessation will ultimately reduce the chances of developing tobacco-related diseases in addition to many types of cancers.

KHCC's Tobacco Dependence Treatment Clinic is equipped with a certified team of Tobacco Treatment Specialists, and offers individualized treatment plans for patients. Treatment plans include smoking cessation consultation and counseling, medications and follow-up care.

Contact us

You can benefit from visiting the Tobacco Dependence Treatment Clinic and talking to a specialist. KHCC has four Tobacco Dependence Treatment Clinics which open three days a week.

You can schedule an appointment by dialing:
06-5300460 ext. 4086, or 077-844-4517.

TOBACCO DEPENDENCE TREATMENT CLINIC, KING HUSSEIN CANCER CENTER

202 Queen Rania Al Abdullah St.
(near the University of Jordan)

P.O. Box 1269, Al-Jubeiha
Amman, 11941 Jordan

www.khcc.jo

