



TRANSNATIONAL YOUTH MOBILITY

Smoking is passe

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First edition

This book was professionally typeset on Reedsy.

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Foreword

The project “Smoking is passé - youth social campaign”
was carried out in Romania

by students of Primary School No. 1 in Słupsk and
students of Școala Gimnazială

No. 4 “Frații Popeea” Săcele in Romania as part of the
Transnational Youth Mobility.

The e-book is a product of the students’ work during the
project implementation.



Fundusze
Europejskie
Wiedza Edukacja Rozwój



Rzeczpospolita
Polska

Unia Europejska
Europejski Fundusz Społeczny



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Facts and myths about smoking.

People believe a lot of things. Some of them are myths and aren't actually true, and people don't know this.

Myths:

- **Other types of tobacco products are not harmful the way cigarettes are.**
- **Smoking is cool.**
- **Once a smoker has smoked for a while, their system is already permanently damaged.**
- **Smoking helps to relieve stress.**



Facts:

- In addition to cancer, smoking can greatly increase your risk of coronary heart disease and stroke.
- A single cigarette contains over 4,800 chemicals, 69 of which are known to cause cancer.
- Every year, there are approximately 46,000 deaths from heart disease in people who are current non-smokers.
- **Smoking 1 cigarette can take 11 minutes off your life.**

Chemical compounds of cigarettes

There are over 7 thousand chemical compounds in cigarettes of which many are harmful. As many as 250 of them are very toxic and 70 can cause cancer. There are chemical components inside cigarettes and some of these are: nicotine which is the addictive drug that produces effects in the brain that people are looking for, Hydrogen cyanide which is used in death row, Formaldehyde, Lead, Arsenic, Ammonia, Radioactive elements, such as polonium-210 and Benzene.

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Chemical composition of the e-cigarette's vapor

E-cigarettes create an aerosol, often called vapor, made of particulate matter. The vapor typically contains propylene glycol, glycerin, nicotine, flavours, traces of nitrosamines, other toxicants, carcinogens, heavy metals, and metal nanoparticles. It's exact composition varies and depends on several things.

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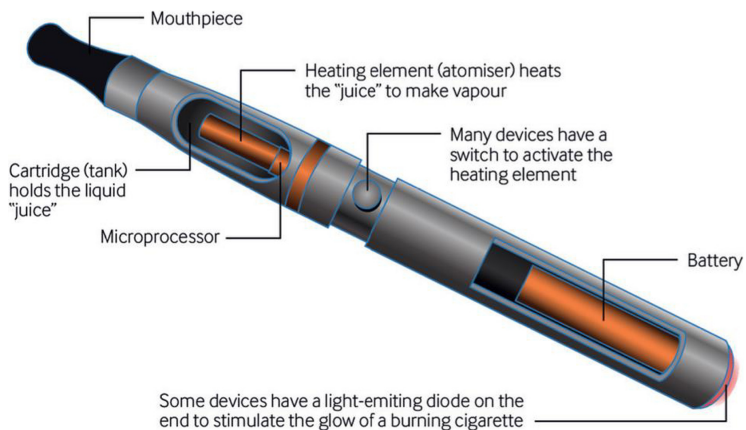
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Components of an e-cigarette

Most e-cigarettes consist of four different components, including:

- a cartridge of reservoir or pod, which holds a liquid solution containing varying amounts of nicotine, flavorings, and other chemicals
- a heating element (atomizer)
- a power source (usually a battery)
- a mouthpiece that the person uses to inhale

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Electronic cigarettes

Electronic cigarettes (e-cigarettes) have the potential to benefit adults who smoke and who are not pregnant if used as a complete substitute for a regular cigarette and other smoked tobacco products.

Even so, they are not safe for youth, young adults and pregnant adults that do not currently use tobacco products



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Risk of using electronic cigarettes

If you will smoke e-cigarettes you might get:

- abdominal pain
- headaches
- blurry vision
- throat and mouth irritation
- nausea
- vomiting
- coughing

E-cigarettes can increase the risk of asthma by 40%

RISK OF USING ELECTRONIC CIGARETTES



Passive smoking

Passive smoking (secondhand smoke) is **when you breathe in the smoke from other people's cigarettes, cigars or pipes**. It is a serious health threat - being exposed to tobacco smoke for just a moment can cause harm. Unborn babies, children and people with breathing problems are most at risk. Secondhand smoke causes nearly 34,000 premature deaths from heart disease each year. Nonsmokers who are exposed to secondhand smoke at home or at work **increase their risk of developing heart disease by 25–30%**. Secondhand smoke increases the risk for stroke by 20–30%.

PASSIVE SMOKING



Diseases caused by smoking/vaping

LUNG CANCER

It is a cancer that forms in tissues of the lung, usually in the cells that line the air passages. It is the leading cause of cancer death in both men and women. There are two main types: small cell lung cancer and non-small cell lung cancer. These two types grow differently and are treated differently.

SYMPTOMS

- Chest pain or discomfort
- A cough that doesn't go away or gets worse over time
- Trouble breathing
- Wheezing
- Blood in sputum (mucus coughed up from the lungs)
- Hoarseness
- Loss of appetite
- Weight loss for no known reason
- Fatigue

- Trouble swallowing
- Swelling in the face and/or veins in the neck

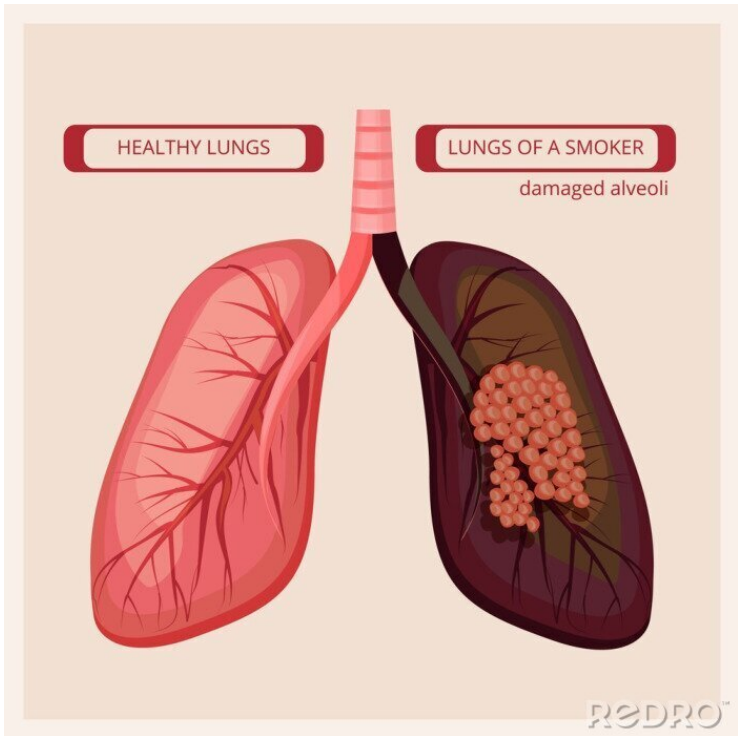
RISK

- Smoking is the most important risk factor for lung cancer. Tobacco smoking causes about 9 out of 10 cases of lung cancer in men and about 8 out of 10 cases of lung cancer in women. The earlier in life you start smoking, the longer you smoke, and the more cigarettes you smoke per day, the greater your risk of lung cancer. The risk is also greater if you smoke a lot and drink alcohol every day or take beta carotene supplements. If you have quit smoking, your risk will be lower than if you had kept smoking. But you will still have a higher risk than people who never smoked.
- Secondhand smoke, which is the combination of smoke that comes from a cigarette and smoke breathed out by a smoker. When you inhale it, you are exposed to the same cancer-causing agents as smokers, although in smaller amounts.

TREATMENT

- Surgery
- Chemotherapy
- Radiation therapy
- Immunotherapy
- Laser therapy, which uses a laser beam to kill cancer cells
- Endoscopic stent placement. An endoscope is a thin, tube-

like instrument used to look at tissues inside the body. It may be used to put in a device called a stent. The stent helps to open an airway that has been blocked by abnormal tissue.



HEARTH ATTACK

A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood.

The more time that passes without treatment to restore blood

flow, the greater the damage to the heart muscle.

Coronary artery disease (CAD) is the main cause of heart attack. A less common cause is a severe spasm, or sudden contraction, of a coronary artery that can stop blood flow to the heart muscle.

SYMPTOMS

- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Feeling weak, light-headed, or faint. You may also break out into a cold sweat.
- Pain or discomfort in the jaw, neck, or back.
- Pain or discomfort in one or both arms or shoulders.
- Shortness of breath. This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort.

Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. Women are more likely to have these other symptoms.

TREATMENT

- Physical activity
- Education about healthy living, including healthy eating, taking medicine as prescribed, and ways to help you quit smoking

- Counseling to find ways to relieve stress and improve mental health



Smoking cigarettes causes many diseases. For example there are neck cancer and asthma.

NECK CANCER

Cancers that are known collectively as head and neck cancers usually begin in the squamous cells that line the mucosal surfaces of the head and neck (for example, those inside the mouth, throat, and voice box). These cancers are referred to as [squamous cell carcinomas](#) of the head and neck. Head and neck cancers can also begin in the [salivary glands](#) or muscles or nerves in the head and neck

SYMPTOMS

Head and neck cancer symptoms may include a lump in the neck or a sore in the mouth or the throat that does not heal and may be painful, a sore throat that does not go away, difficulty in swallowing, and a change or hoarseness in the voice. These symptoms may also be caused by other, less serious conditions. It is important to check with a doctor or dentist about any of these symptoms.

TREATMENTS

Head and neck cancer treatment can include surgery, radiation therapy, chemotherapy, targeted therapy, immunotherapy, or a combination of treatments.



ASTHMA

Asthma is **a disease that affects your lungs**. It is one of the

most common long-term diseases of children, but adults can have asthma, too. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning.

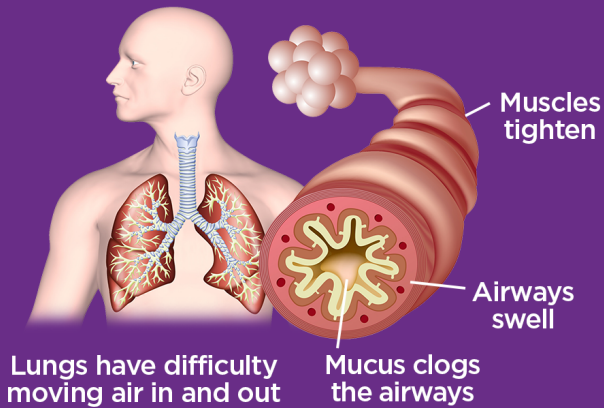
SYMPTOMS

- Shortness of breath
- Chest tightness or pain
- Wheezing when exhaling, which is a common sign of asthma in children
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

TREATMENTS

Asthma can't be cured, but its symptoms can be controlled. Because asthma often changes over time, it's important that you work with your doctor to track your signs and symptoms and adjust your treatment as needed.

What happens to your lungs when you have asthma



Asthma and Allergy
Foundation of America

aafa.org

Health benefits of quitting smoking

Quitting smoking is one of the most important actions people can take to improve their health.

Quitting smoking:

- improves health status and enhances quality of life.
- reduces the risk of premature death and can add as much as 10 years to life expectancy.
- reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
- benefits the health of pregnant women and their fetuses and babies.

While quitting earlier in life yields greater health benefits, quitting smoking is beneficial to health at any age.

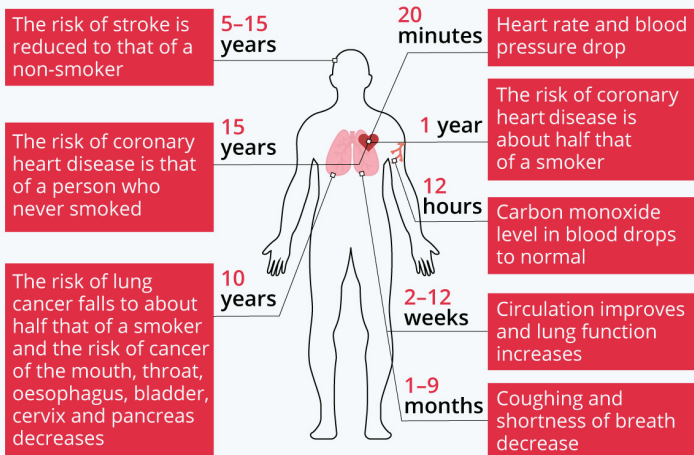
Quitting smoking is the single best way to protect family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke.



The Effects of Quitting Smoking

Health improvements that take place after quitting smoking, by time required

Time after quitting smoking:



Source: World Health Organization



Social benefits of quitting smoking

It's common for smokers to report that nicotine helps to relieve stress and anxiety. This is due to the fact that nicotine withdrawal often produces symptoms like anxiety and irritability that are relieved by smoking.

Quitting is a chance to be who you want to be and allows you to feel more comfortable in social situations. With most public and work places now smoke free, being a smoker can increase barriers to socialising. Ex-smokers have less stress and anxiety than before they quit. By quitting smoking you are saving your money. You don't pollute the environment. If parents don't smoke their children will leave in healthy shape. People who smoke have bad breath. People who don't smoke live a long life.

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How to be assertive ?

Bartek : Hey ! Would you like to try something new ?

Andrei : What is it ?

Bartek : Cigarettes ! They are beautiful . Would you like to try one ?

Andrei : No ! My dad is in the hospital because of them. I'm gonna call the police !

Bartek runs away.

Here are some tips to help you become more assertive:

1. Assess your style. Do you voice your opinions or remain silent?
2. Use 'I' statements.
3. Practice saying no.
4. Rehearse what you want to say.
5. Use body language.
6. Keep emotions in check.

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Statistics

According to the World Health Organization (WHO), smoking is about to become the leading cause of morbidity and mortality in the world. There are currently an estimated 1.1 billion smokers worldwide. Of this total, about 300 million (200 million men and 100 million women) are in developed countries; In developing countries, smokers are three times more likely (about 800 million), the vast majority of whom are men, but there is an increase among women. Overall, 30% of adults (48% of men and 12% of women) are smokers. Smoking is a major health risk. He kills six people every minute, and one in four smokers dies from a tobacco-related illness. In 2002, smoking killed 4 million people, including 1.2 million Europeans. By 2020, this death knell will bring the death toll to 10 million smokers a year. The most affected are the transition and developing countries, due to factors related to trade liberalization, communications development and the globalization of the transnational tobacco industries. Smoking is estimated to account for 90% of deaths from lung cancer, 75% of deaths from bronchitis and emphysema, and about 25%

of deaths from cardiovascular disease. Statistically, cancer is, both in the world and in our country, the second leading cause of death after cardiovascular disease. The risk of cancer in biochemically proven active smokers was 7.8 times higher than in non-smokers and is as high in men as in women. Lung cancer is the most common neoplasm caused by smoking, the leading cause of cancer mortality in the world (17% of neoplasms in men and 12% in women).