

World NO TOBACCO Day



Healthcare Insight 3 of 2021



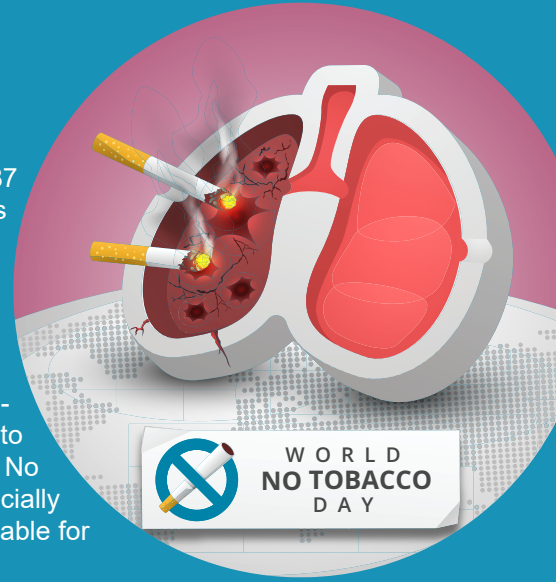
S I M E K A
HEALTH

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World No Tobacco Day – 31 May

The World Health Organization (WHO) created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the (preventable) deaths and diseases it causes. May 31 marks World No Tobacco Day 2021 - a day that aims to encourage and promote no smoking. Smoking is responsible for many diseases including lung cancer, chronic lung disease, coronary heart disease and stroke. Quitting lowers your risk of smoking-related diseases.

WHO released a scientific brief showing that smokers are at higher risk of developing severe disease and death from COVID-19 and launched their "Commit to Quit" year-long global campaign on WhatsApp called Quit Challenge for World No Tobacco Day 2021. Smokers will insist that quitting tobacco is challenging, especially with the added stress provided by COVID-19. The [Quit Challenge tool](#) is available for support.



Prolong your life

Smokers who quit before the age of 40 reduce their chance of dying early from smoking-related diseases by **90** percent and those who quit by age 54 reduce their chance by **66** percent, according to the National Cancer Institute.

Withdrawal symptoms

You will, no doubt, get cravings and withdrawal symptoms. This is because the main addictive substance in cigarettes is nicotine.

Symptoms you can expect include:

- A craving to smoke
- Sleep disturbances
- Constipation
- Feeling dizzy

Tips to quit smoking

Consider these tips from the National Health Service:

- Be patient and keep positive
- Make a promise, set a date and stick to it
- Plan to manage feelings of demotivation or temptation
- Find healthier alternatives to replace whatever triggers your cravings
- Let friends and family know of your intentions to quit
- Exercise (even a 5-minute walk or stretch) cuts cravings and may help your brain produce anti-craving chemicals

Quitting isn't easy, but if you commit you might be surprised to know you can succeed.

<https://www.paho.org/en/news/8-12-2020-who-launches-year-long-campaign-help-100-million-people-quit-tobacco>

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