

B4H: TB & HIV World **No Tobacco Day** Friday May 31, 2019



Celebrate World No Tobacco Day with B4H and raise awareness on the harmful effects of tobacco use and second-hand smoke exposure at your workplace on Friday 31st May.

Businesses for Health wants you to know about TB and Smoking

Smoking increases the risk of becoming infected with tuberculosis and doubles the risk for developing active TB disease after exposure.

Smoking increases the risk of recurrent TB and impairs the response to treatment of the disease.

Smoking and your lung health

Tobacco Smokers with active TB have greater risk of disability and death from respiratory failure.

Tobacco smoking causes lung cancer. Second-hand smoke exposure at home or in the work place increases risk of lung cancer. Quitting can reduce the risk. 10 years of quitting smoking, the risk of lung cancer falls to about half that of a smoker.

Tobacco smoking is the leading cause of chronic obstructive pulmonary disease (COPD), a condition where the build-up of pus-filled mucus in the lungs results in a painful cough and agonising breathing difficulties. The risk of developing COPD is worst in people who start smoking as children, as tobacco smoke significantly slows lung development.

Tobacco also exacerbates asthma, which restricts activity and contributes to disability. Stopping smoking is the most effective treatment for slowing the progression of COPD and improving asthma symptoms.

Smoking and the impact on children

Tobacco smoking makes infants sick. Infants exposed in-utero to tobacco smoke toxins, through maternal smoking or maternal exposure to second-hand smoke, frequently experience reduced lung growth and function. Children exposed to second-hand smoke are at risk of the onset of asthma, pneumonia and bronchitis, and frequent lower respiratory infections.

Tobacco smoking kills children. Globally, an estimated 165,000 children die before the age of 5 of lower respiratory infections caused by second-hand smoke. For those who live, second-hand smoke exposure results in frequent lower respiratory infections in early childhood.

Smoking and the impact on everyone in the room

Tobacco smoke is a very dangerous form of indoor air pollution: it contains over 7,000 chemicals, 69 of which are known to cause cancer. Smoke can linger in the air for up to five hours, putting those exposed at risk of lung cancer, chronic respiratory diseases, and reduced lung function.

In PNG, TB control strategies have to respond to all risks, such as smoking tobacco, chewing buai, rising rates of diabetes, overcrowding as the country urbanises. Without addressing current local risks, we will not end the current TB crisis.

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