

## THE IMPACT OF TOBACCO USE ON THE ENVIRONMENT

### STOP TOBACCO USE; SAVE THE ENVIRONMENT

- Tobacco is harmful, not only for humans but to animals, plants, and nature; The entire process of cultivation to consumption of tobacco impacts the environment negatively.
- Growing tobacco also contributes to the deforestation and soil degradation which disrupts the natural ecosystem.
- Cigarette use has a lasting impact on the world's waterways; when cigarette butts enter oceans, rivers, and other waterways, the chemicals contaminate the water.
- Tobacco contains poisonous chemicals such as nicotine, cadmium, lead, formaldehyde, arsenic that displaces the oxygen in your blood, depriving your organs of the oxygen they need thus can cause lung cancer, chronic respiratory disease, across the life-course, tuberculosis (TB) and air pollution.
- When cigarette litter ends up on the ground, its harmful chemicals can leach into the soil changing the soil's makeup and can create an unsafe environment for vegetation growth.
- Carelessly tossed cigarette butts can start forest fires, potentially damaging hundreds or thousands of acres of vegetation which has a negative impact on the environment.
- Carelessly tossed cigarette butts can make their way into the nests of birds and dwellings of other animals along with other micro-trash items which has a negative impact on the environment.

## WHERE TO GET HELP

People who want to quit smoking can access help in the various health facilities across the country:

- Addictive diseases centre in Korle-Bu Teaching Hospital
- Accra Psychiatric Hospital
- Pantang Psychiatric Hospital
- Ankaful Psychiatric Hospital
- Valley View Clinic (Dzorwulu)
- Adom Clinic (Kumasi)
- Sunyani Regional Hospital
- Komfo Anokye Teaching Hospital
- Ho Regional Hospital
- And any other health facility.

Get Help Now

For further enquiries, please reach us on any of the contacts below:

- ☎ 0551112224/5
- 📞 0551112224
- 🐦 fdaghana
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Your Well-being, Our Priority.

## World No Tobacco Day

# Create a Tobacco-Free Environment

#tobacco; threat to the environment



# WORLD NO TOBACCO DAY CELEBRATION

Tobacco is known to kill more than **8 MILLION PEOPLE GLOBALLY EVERY YEAR.**

Among these deaths, more than **7 MILLION DEATHS ARE FROM DIRECT TOBACCO USE**

and approximately **1.2 MILLION ARE AS A RESULT OF SECOND-HAND SMOKE EXPOSURE TO NON-SMOKERS.**

In Ghana, **804,000 PEOPLE SMOKE CIGARETTES, SHISHA AND OTHER TOBACCO PRODUCTS.**

Approximately **75 DEATHS ARE RECORDED EVERY WEEK FROM SMOKING RELATED ILLNESSES.**

## THE SMOKER'S BODY

Every **6.5 seconds, someone dies from tobacco use**, says the World Health Organization. Research suggests that people who start smoking in their teens (**as more than 70 percent do**) and continue for two decades or more will die **20 to 25 years earlier** than those who never light up. The harmful effects on the body include:

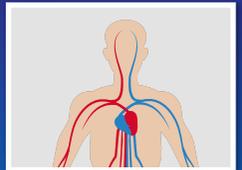
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- 1. Psoriasis**
  - 2. Cataracts**
  - 3. Wrinkling**
  - 4. Hearing loss**
  - 5. Cancer**
    - 5a. Lung Cancer
    - 5b. Nasal cavity cancer
    - 5c. Oral cavity cancer
    - 5d. Stomach cancer
    - 5e. Pancreatic cancer
    - 5f. Kidney cancer
    - 5g. Breast cancer
  - 6. Tooth decay**
  - 7. Emphysema**
  - 8. Osteoporosis**
  - 9. Heart disease**
  - 10. Stomach ulcers**
  - 11. Discoloured fingers**
  - 12. Cervical cancer and miscarriage**
  - 13. Deformed sperm**
  - 14. Buerger's disease**

## HEALTH BENEFITS OF QUITTING SMOKING

- After just 20 minutes of quitting smoking, the heart rate drops.



- Within 2–12 weeks, the blood circulation improves and lung function increases.



- Within 1–9 months, coughing and shortness of breath decrease.



- Within 5–15 years, the stroke risk is reduced to that of a non-smoker.



- Benefits the health of pregnant women and their fetuses and babies.



- Reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.

