



The Public Health Impact of Tobacco Use.

EXAMINATION OF HEALTH CONSEQUENCES ASSOCIATED WITH TOBACCO
CONSUMPTION.

BY ASABA LINDA –UNAU UGANDA

Introduction

- ▶ Tobacco use is a leading preventable cause of disease, disability, and death worldwide.
- ▶ Tobacco consumption affects nearly every organ in the body.
- ▶ This presentation examines the primary health consequences of smoking.

Cancer and Respiratory Diseases

- ▶ **Lung Cancer:** Leading cause of cancer deaths; responsible for 85% of cases.
- ▶ **Other Cancers:** Includes mouth, throat, esophagus, bladder, pancreas, kidney, cervix, liver, stomach, and colorectal cancers.
- ▶ **Chronic Obstructive Pulmonary Disease (COPD):** Leading cause of death due to smoking.
- ▶ **Asthma:** Exacerbates symptoms and worsens control.
- ▶ **Respiratory Infections:** Increased risk of pneumonia, bronchitis, tuberculosis.

Cardiovascular Diseases and Reproductive and Developmental Effects

- ▶ **Heart Disease:** Contributes to coronary artery disease and heart attacks.
- ▶ **Stroke:** Increases the risk of ischemic and hemorrhagic strokes.
- ▶ **Peripheral Artery Disease (PAD):** Reduces blood flow to limbs, leading to amputation.
- ▶ **Infertility:** Reduced fertility in both men and women.
- ▶ **Pregnancy Complications:** Higher risks of preterm birth, low birth weight, stillbirth, and placental problems.
- ▶ **Sudden Infant Death Syndrome (SIDS):** Increased risk in infants exposed to tobacco smoke.

Weakened Immune System

- ▶ Smoking weakens the immune system, making individuals more vulnerable to infections and autoimmune diseases.
- ▶ It also impairs wound healing and the ability to fight diseases.
- ▶ It affects the ability of the body to fight

Other Health Consequences and Secondhand Smoke

- ▶ **Premature Aging:** Smoking accelerates skin aging, causing wrinkles and a dull complexion.
- ▶ **Diabetes:** Increases risk of type 2 diabetes by affecting insulin resistance and inflammation.
- ▶ **Health Risks for Nonsmokers:** Linked to respiratory problems, heart disease, and cancer.
- ▶ **Vulnerable Populations:** Children and pregnant women are particularly at risk.

Economic Impact

- ▶ Smoking-related diseases place a significant burden on healthcare systems.
- ▶ The economic costs include medical treatment and lost productivity due to illness and premature death.

Conclusion

- ▶ Tobacco consumption leads to devastating **health consequences** across multiple systems in the body.
- ▶ Prevention, cessation programs, and education are essential to combat this **global health issue**.