



Ressort: Mixed News

United Nations: new WHO campaign help people quit smoking"

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United Nations: The World Health Organization has announced the start of a global campaign to help people quit smoking. Tobacco kills up to half of its users, causing more than 8 million deaths each year, including 1.2 million deaths from non-smokers but exposed to secondhand smoke.

WHO released a scientific paper earlier this year showing smokers are at an increased risk of developing serious illness and death from COVID-19. Tobacco is also a major risk factor for noncommunicable diseases such as cardiovascular disease, cancer, respiratory disease and diabetes. Additionally, people living with these conditions are more vulnerable to severe COVID-19. The benefits of quitting smoking are almost immediate. After just 20 minutes of quitting smoking, your heart rate drops. Within 12 hours, the level of carbon monoxide in the blood drops to normal. Within 2-12 weeks, circulation improves and lung function increases. Within 1-9 months, coughing and shortness of breath subside. Within 5-15 years the risk of stroke is reduced.

Secondhand smoke threatens the health of your friends and family: Over 1 million people die each year from exposure to secondhand smoke. Non-smokers exposed to secondhand smoke are at risk of developing lung cancer. Cigarettes remain a major cause of accidental fires and subsequent deaths. E-cigarettes also expose non-smokers and bystanders to nicotine and other harmful chemicals. Exposure to secondhand smoke may increase the risk of progression from tuberculosis infection to active disease. Exposure to secondhand smoke is associated with type 2 diabetes. Smoking or using e-cigarettes around children impairs their health and safety. Report: www.italiannews.org

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