

Smoking: A World Shared in One Battle - A Perspective on the Future of Human Health

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Abstract

The World Health Organization has stated that tobacco addiction claims the lives of about eight million people annually, and urged governments around the world to take faster action to address the problem of smoking and the enormous health, human, social, environmental and economic costs caused by smoking and addiction. This article deals with important points about the reasons why a person smokes and is unable to stay away from it, its harms that occur in smokers, and health solutions to quit smoking, which represents a viewpoint on the future of human health on earth, because the victim is in the end a human being..

Key words: smoking, health, harm, quitting, human

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Introduction

The results of verified scientific studies expressed that smoking is the most common cause of preventable premature death, with an estimated death toll of about 5 million per year. One study found that male and female smokers lose an average of 13.2 and 14.5 years of life, respectively. Another study found that each cigarette smoked shortened life by 11 minutes, with at least half of all lifelong smokers dying early as a result of smoking. Smokers are three times more likely to die before reaching the age of 60 or 70 than non-smokers” (<https://ar.wikipedia.org/wiki/%>, accessed on 09/01/2022).

1. Definition of smoking :

Smoking is defined as obtaining nicotine from burning tobacco, and nicotine has a narcotic effect on the human brain, which is used to it, so it is difficult to withdraw from it easily. The person feels different pains throughout his body.

Tobacco contains more than 4000 chemicals, 63 of which directly cause cancer and are known as tar. It also contains nearly 100 toxic substances, and contains cyanide, which is classified as a toxic substance. msry3net.com on February 9, 2022, accessed on September 2, 2022).

2.Smoking a black plate and scary numbers:

During 2008, the World Health Organization stated that nearly 100 million deaths occurred in the twentieth century, and the Centers for Tobacco Control declared it "one of the most important preventable risks to human health in developed countries and one of the leading causes of premature death worldwide." Many countries have taken measures to control tobacco consumption with use and sales restrictions as well as warning messages printed on packaging.

Smoking is a black board and frightening numbers Dr. Prasad, a representative of the Department of Disease Prevention at the World Health Organization, said: Of the 3.3 million people, about half a million who are exposed to second-hand smoke and die from it. Among children under the age of five, 60,000 children die each year from secondhand sThe World Health Organization confirms that hundreds of toxins in smoking begin to damage the lungs, because when smoke is inhaled, the techniques that purify the air we inhale from mucus and dirt stop, allowing the toxins in tobacco smoke to reach the lungs more easily. It is "just part of the damage" that tobacco does to the lungs" (<https://news.un.org/ar/story/2019/05/10340231>, published May 31, 2022, accessed on August 31, 2022).

Through these data, the need is more than ever to devote cooperation, coordination and conscious responsible partnership between the countries of the world in order to develop a healthy strategy for the world in the face of smoking, because the perpetrator and the affected are human beings, so that this strategy is unified and far-reaching and includes preventive medical education curricula, as well as Training, monitoring, and attention to psychological and social counseling for individual cases and groups (children, adolescents, women, the elderly...), and the production of medicines and vaccines to combat emerging addicts that are accessible to all human beings in the field of health without exception.

The problem of smoking, given the mortality rate and the size of diseases, has proven that lives are more important than profits, and the promotion of attention to preventive medicine is more important than armaments fever. global), away from the traditional approach that focuses on treatment and attention to large facilities and large equipment.

3.Smoking is one battle and harms a human being:

There is no doubt that we live today in a society in which medicine occupies a very large moral authority. Health no longer means the ability to work or "a state of complete physical, mental and social safety, but rather health has become happiness and life itself" (Youssef Saadoun 2009, p. 64). Tobacco consumers used to feel ecstasy and happiness, so what about their health?What has medicine done in this field towards this poisonous monster that guides even doctors in their professional performance and did not escape from it as consumers?

Smoking is a human harm and the battle against it is one. The responsibility rests with individuals and groups to a large extent. Then comes the role of medicine, the responsibility of psychological and social counseling, and the country's capabilities in the possibility of developing a health system that gives priority to the preventive aspect, including plans and programs whose main objective is to diagnose the health situation by public health interests , in order to address








diseases and epidemics before they spread to large sectors and thus reduce the potential financial costs spent on medicines and interventions” (Youssef Saadoun, 2009, p. 63).

4. Smoking reasons:

A person finds himself in the clutches of smoking, unable to break free from it, and does not know how he got into that coil and how he will get out of it, a person falls into smoking because he found an example while smoking when he was young, a person who smokes because of the delusional feeling of freedom from control that the cigarette gives him A person smokes because he is the victim of attractive advertising campaigns, someone smokes because he sees cigarettes everywhere, someone smokes because he is convinced that he is attractive.

- **Imitation without thinking:** As most smokers in fact imitate their parents, teachers and uncles, adolescents see that smoking is one of the characteristics of mature people and that they have become men and adolescents smoke with advertisements and show movements to draw attention.
 - **Bad friends,** the young man feels pressure when he is among friends who smoke, he cannot withstand much amid their constant pressure on him to become a man, so he begins the experiment and thus loses himself and this reason is an explanation for what are the reasons for smoking.
 - **The absence of the role of the family,** when the family suffers from disintegration, it negatively affects the children, and this is one of the most important reasons that push them to smoke, which is the first degree in the world of drugs, so we are talking about that.
- Some smokers were ignorant of the Islamic ruling on smoking,** as they recorded that smoking is legally prohibited because of the danger it poses to human health.
- **Neglecting the media in raising awareness of the dangers of smoking** and even its participation in crime by not denouncing the appearance of scenes of smoking and drugs in the drama and not demanding the imposition of fines on scenes that contain smoking, whether they are hookah or cigarettes” (Defining Smoking and its Causes, article published on the website: <https://m.msry3net.com>, dated February 9, 2022, accessed on 9/02/2022)

5. Smoking and its effects:

<p>The National Cancer Institute acknowledged, in 1998, that “cigar smoking causes a variety of cancers including cancers of the oral cavity (lip, tongue, mouth, and throat),  esophagus, larynx, and lung.”</p> <p>It has been shown that tooth loss is 2 to 3 times higher in smokers compared to non-smokers</p>
<p> Smoking is linked to the ability to contract infectious diseases, especially in the lungs. Smoking more than 20 cigarettes a day increases the risk of infection by two to four times.</p>
<p> The effects of smoking on the immune system include an increase in the production of CD4+ cells related to nicotine, which has been temporarily linked to an increased susceptibility to HIV infection.</p>
<p> Impotence: The incidence of impotence is approximately 85% higher in male smokers than in non-smokers.</p>
<p>Infertility in women: Smoking is harmful to the ovaries, and is likely to cause infertility in women, and the degree of damage depends on the amount and duration of time the woman smokes </p>
<p> Smokers report that cigarettes help relieve feelings of stress. However, stress levels in adult smokers are slightly higher than those in non-smokers, adolescent smokers report increased levels of stress when developing normal smoking patterns and quitting s</p>
<p> Immediate effects: Smokers report feelings of relaxation, sharpness, calmness and alertness. These new smokers may experience nausea, dizziness, high blood pressure, narrowed arteries, and a rapid heartbeat. Generally, the unpleasant symptoms will eventually disappear over time, with repeated use, as the body builds a tolerance complex to the chemicals in cigarettes such as nicotine.</p>

Stress

Smokers report higher levels of daily stress. Several studies have monitored feelings of stress over time and found a decrease in stress after quitting.

The mood effects of abstinence explain why smokers experience more daily stress than non-smokers and become less stressed when they stop smoking. Medical researchers found that smoking is a predictor of divorce, smokers have a 53% greater chance of divorce than non-smokers

Most smokers, when denied access to nicotine, develop withdrawal symptoms such as irritability, nervousness, dry mouth, and rapid heartbeat.

The half-life of nicotine is only two hours. Psychological dependence may last for months or even many years. Unlike some recreational drugs.

Nicotine does not significantly alter a smoker's motor skills or language abilities when under the influence of the drug.

The relationship between addiction and anxiety. Multiple studies suggest that anxiety and depression disorders play a role in cigarette smoking. A history of regular smoking was observed more among individuals who had experienced major depressive disorder at some time in their lives than among individuals who had not experienced major depression. Also, people with major depression are less likely to quit.

Smokers who are depressed appear to have more withdrawal symptoms when they quit, are more likely to be successful in quitting, and are more likely to relapse.

(Adapted from the website: <https://ar.wikipedia.org/wiki/%>, accessed on 09/01/2022)

6. Smoking and the stress of daily life:

Field studies confirm how a person convinces another person about smoking and its harms, saying: (For an hour, I explain to someone the dangers of smoking and the precautions to be taken...in the end, he surprises me, hugs me, kisses my forehead and my face, praying to me: God have mercy on those who teach you). This example has meaning, it is not easy to reach successfully in order to set new health standards and new health rules for an addict as quickly and effectively as possible, because our poor knowledge of his daily life in normal times does not help us understand and manage his daily life in a way that isolates him completely from chewing a lot of smoke and drinking coffee In abundance and the pressure of daily life continues to harvest victims of smoking addiction.

Cafés, smoking dens,
wasting time and
unemployed youth are the
pioneers in Arab societies

Experts in psychology and sociology confirm that the fullness of cafes throughout the day has become a disturbing matter for families, youth and society as a whole, because spending hours in them is no longer just a means of rest and entertainment, but rather has become one of the most popular social habits prevalent among Arab youth, who consider it a place to escape from boredom and to prevent from Falling into street problems or disagreements with his family members because of his inability to contribute to the family's responsibilities" (Fikr Al-Thaqafia

.6.1.Smoking between prohibition and acceptance in the Kingdom of Saudi Arabia:

The social culture in Saudi Arabia has taken two different attitudes towards the café. There is a group that looks at the café with contempt for its patrons, and the association of visitors to this place with the lower classes and deviant behaviour. A prohibition paralleling the prohibition of what engages in it, in addition to the legacy of a previous prohibition of tea and coffee, and the location of the cafe remained associated with perverts, strangers, and those without family members.

And it stayed out of favor with many members of society looking for a clean reputation that would keep them from being blamed. This thinking began to recede with a look that tried to break free from the ready-made rulings of society, and began to deal with the café as a position to heal the mood, drink tea and exchange conversations, (...) The café gradually gained a presence that began with tolerance for the elderly to enter the café, and ended with the acceptance of everyone in this place. Among the famous cafés receiving intellectuals in the city of Jeddah is Al-Abraj Café (an aristocrat located on the Al-Hamra beach), and a large group of writers, media professionals, athletes, plastic artists and popular poets flock to this café. In Fikr Al-Thaqafia magazine, Egypt/ at <http://www.fikrmag.com/index.>, date of visit: 11/24/2018 at 23:00).

.6.2. Smoking scary numbers in the USA:

Cigarette smoking and exposure to tobacco smoke account for about one in five, or at least 443,000 premature deaths annually. To put this in context, ABC's Peter Jennings reports that in the US alone, tobacco kills the equivalent of three jumbo planes full of people crashing every day, with no survivors. Globally, this is equivalent to one jumbo jet every hour and a 2015 study found that about 17% of deaths from cigarette smoking in the United States are due to diseases other than those commonly thought to be related. wikipedia.org/wiki/%, accessed on 09/01/202

7.Smoking cessation culture 10 ways to resist the urge:

The craving for tobacco can exhaust anyone trying to quit smoking. Follow these tips to reduce and resist these cravings. Here are 10 ways to help you resist the urge to smoke or use tobacco in case of an urge.

- **Try NRT: Ask your doctor about NRT.** Options include:
 - Prescription nicotine in the form of a nasal spray or inhaler
 - Over-the-counter patches, chewing gum and lozenges containing nicotine
 - Over-the-counter smoking cessation medications such as bupropion (Wellbutrin SR, Wellbutrin XL, varenicline and others)
 - These short-acting treatments are usually safe to use alongside a long-acting nicotine patch or a smoking cessation drug.
 - E-cigarettes have received a lot of attention lately as an alternative to smoking traditional cigarettes. However, e-cigarettes have not been shown to be safer or more effective than nicotine alternatives in helping to quit smoking.

- **Avoid stimuli:** The desire to consume tobacco is strong in places where you used to smoke or chew tobacco more than others. Do not put yourself in a place or situation in which you relapse and return to smoking. If you usually smoke while talking on the phone, keep a pen and paper nearby to keep you busy drawing instead of smoking.
- **Delay:** If you feel like you're going to give in to the urge to smoke tobacco, tell yourself that you should put off smoking for 10 minutes. Then do something to distract yourself during this time. These simple tricks may be enough to beat the craving to smoke tobacco.
- **Distract yourself by chewing:** Take something with your mouth to chew to help you combat the craving for tobacco. Chew sugarless gum or hard candy. Or eat raw carrots, nuts, or sunflower seeds - anything crunchy and delicious.
- **Don't say "it's just one cigarette":** you may only smoke one cigarette to satisfy the tobacco craving. Don't fool yourself into thinking that you will quit smoking this way. Most of the time, smoking one cigarette will result in smoking the other. You may end up smoking again.
- **Do physical activity:** Physical activity can help distract you from the craving to smoke tobacco. Even short, sudden activities, such as running up and down stairs a few times, can end the craving for tobacco. Go out for a walk or run, try praying, knitting, woodworking, or writing in a newspaper. Or you can do chores to distract yourself, such as cleaning or organizing files.
- **Try relaxation techniques:** You can relieve stress by practicing some relaxation techniques such as deep breathing exercises, muscle relaxation, yoga, visual imagery, massage or listening to soothing music.
- **Request reinforcements:** Call a family member, friend, or support group member to help you overcome the craving to use tobacco. Talk to that person on the phone, go out for a walk, and exchange jokes or support. It is also possible to resort to moral guidance for this purpose.
- **You can receive support online:** Join an online smoking cessation program. Or read the Stop Smoking Blog and post encouraging ideas for others trying to beat the craving to use tobacco.
- **Keep in mind the benefits of quitting smoking:** Write down or say the reasons why you want to stop smoking and resist the urge to smoke tobacco. These reasons may include the following:
 - Improved mood
 - Enjoy better health
 - Protecting the people around you from passive smoking
 - save money
 - Keep in mind that it is better to try to beat the craving to smoke tobacco than to give up”(Smoking Quitting: 10 Ways to Resist the Craving to Use Tobacco, Posted at: <https://www.mayoclinic.org/ar/healthy-lifestyle/quit-smoking/in-depth/nicotine-craving/art-20045454>)

Conclusion:

We do not deny that the craving to smoke tobacco is very strong for most people who use tobacco. However, these cravings can be overcome. And the solution is that every time you resist the urge to use tobacco, you are one step closer to quitting it completely, and this is what we aim at in this study.

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