



A guide for tuberculosis patients
to quit smoking

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A guide for tuberculosis patients to quit smoking.

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Introduction

This self-help material was developed based on WHO Capacity Building Training Package 4 entitled “Strengthening health systems for treating tobacco dependence in primary care” and A WHO/The Union Monograph on TB and tobacco control: joining efforts to control two related global epidemics. Its target audience are TB patients who smoke. It aims to give advice and information to improve smoker’ readiness to quit and to help those who are ready to quit to plan a quit attempt. The content of this self-help material includes:

1. How to get ready to quit (for TB patients not ready to quit, focusing on the additional risks of smoking while diagnosed with TB);
2. How to plan and make quit attempts (for TB patients ready to quit);
3. Local tobacco cessation support resources.

Getting ready to quit-

the additional risks of smoking while diagnosed with tuberculosis

Quitting tobacco is a difficult task, but we are here to help. We understand that you might not think it's important to quit or that you can't be successful. As a person with tuberculosis (TB), it is even more important to quit smoking. Here you can find information about why quitting tobacco is important for you and your family; the great risks of smoking for people having TB; the benefits of quitting and how to improve your confidence in making a quit attempt. We hope you find this information useful, and also hope you will continue to seek advice and suggestions on how to get ready to make a quit attempt.

i. THE IMPACT OF TOBACCO SMOKING ON YOU AND YOUR FAMILY

Tobacco smoking has both health and non-health related impacts to you and those around you.

1. HEALTH RISKS OF SMOKING TO THE SMOKER WITH TB

Tobacco kills up to half of its users because tobacco products are made of extremely toxic materials.

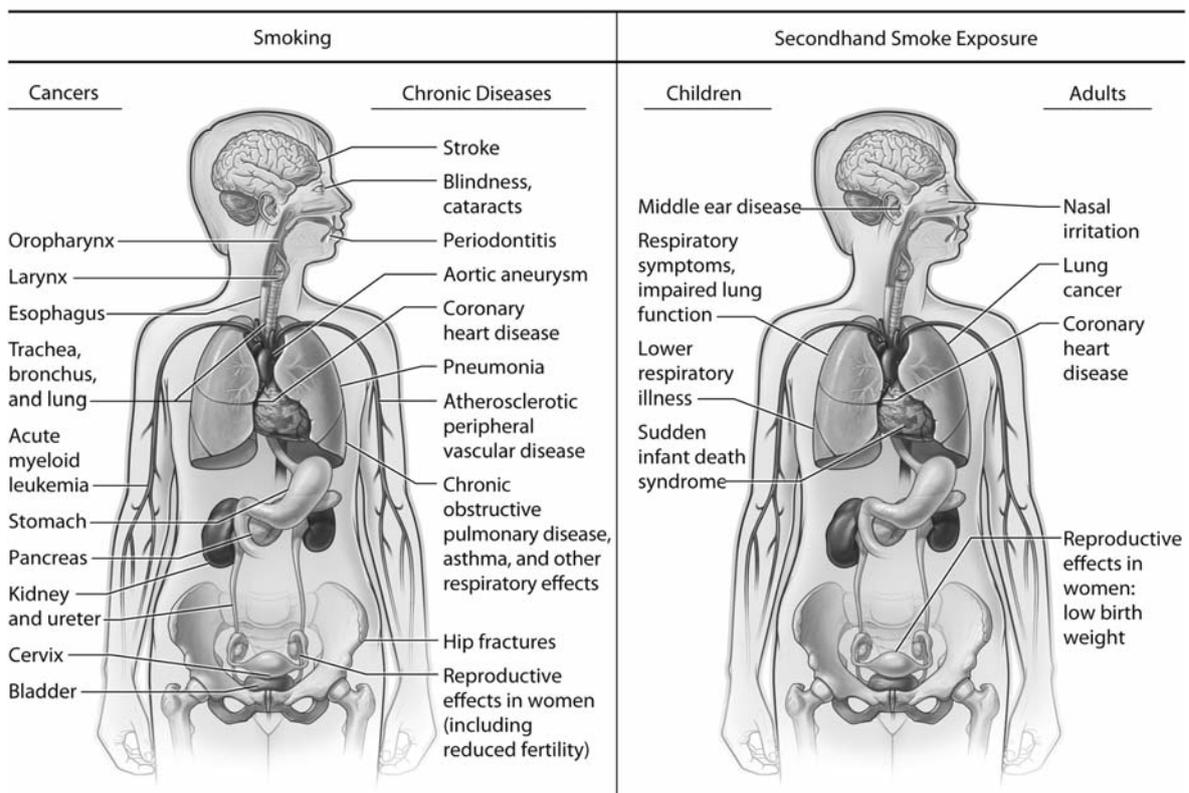
Tobacco smoke contains more than 7000 chemicals, of which at least 250 are known to be harmful and at least 69 are known to cause cancer. Here are some of the chemicals contained in tobacco smoke:

- Stearic acid (which is used to make candle wax)
- Butane (the gas inside a lighter)
- Paint
- Methanol (gas commonly used for rocket fuel)
- Acetic acid (a main component of vinegar)
- Hexamine (a common component of barbecue starters)
- Methane (sewer gas)
- Nicotine (an addictive substance commonly used for insecticides)
- Cadmium (a main ingredient in batteries)
- Arsenic (poison)
- Toluene (Industrial solvent)
- Ammonia (toxic component of detergents)
- Carbon monoxide (gas from car exhaust)



Smoking causes a wide spectrum of diseases including TB. As a smoker, you are at an increased risk of many acute and chronic diseases, such as shortness of breath, chronic respiratory diseases, many types of cancer and heart disease. Unfortunately, you are not JUST a smoker, you are a smoker with TB. The combination of the two greatly increases your health risks:

- Smoking increases the severity of your TB symptoms. Smokers with TB are more likely to have:
 - Cough
 - Dyspnea
 - Cavitory lesions in the lung
 - Positive sputum culture (this means that smokers are more likely to spread TB as well)
 - Drug resistance
- Smoking will significantly increase your probability of having recurrent TB
- Smoking greatly increases your chance of dying from TB



2. HEALTH RISKS TO THE FAMILY

Smoking puts your family at risk. Second hand smoke exposure puts members of your household at an increased risk for the following diseases:

Diseases in children	Diseases in adults
<ul style="list-style-type: none"> – sudden infant death syndrome; – acute respiratory illnesses; – middle ear disease; – chronic respiratory symptoms. 	<ul style="list-style-type: none"> – coronary heart disease; – nasal irritation; – lung cancer; – reproductive effects in women (low birth weight).

Exposure to secondhand smoke will also significantly increase the risks of having TB infection and TB disease for your family.

3. THE COST OF SMOKING TO THE SMOKER AND SMOKER'S FAMILY

The cost of smoking to the smoker. Tobacco smoking takes away not just your health but wealth. It is estimated that 5-15% of a smoker's disposable income is spent on tobacco, which could be an enormous economic burden on you and your family. Below is a cost calculator, which can help you find out how much money you have spent on cigarettes.

The smoking cost calculator						
Number of packs you smoke a year*	X	Number of years you have smoked	X	The average cigarette pack price	=	How much you have spent on cigarettes during your lifetime
	X		X		=	

*: For day to year conversion, see below table

1 pack a day	1 ½ packs a day	2 packs a day	2 ½ packs a day	3 packs a day
365 packs a year	548 packs a year	730 packs a year	913 packs a year	1095 packs a year

Smoking is financially taxing on the family as well. Tobacco use causes an acknowledgeable amount of suffering for families and individuals associating with smokers. This suffering manifests itself in the form of diminished quality of life, death, and financial burden. Tobacco products are not only harmful, but they're expensive as well.

4. SOCIAL CONSEQUENCES OF SMOKING TO THE SMOKER AND SMOKER'S FAMILY

Smoking affects social interaction and relationships negatively. In most cultures, people see smokers negatively. There is a stigma attached to smoking (for example, people may think the smoker is smelly, disgusting/dirty, unhealthy...). As a smoker, your personal relationship may be affected because many people don't consider being in a relationship with a smoker. As a smoker, your children are more likely to smoke and to be heavier smokers at young ages.

ii. REWARDS OF QUITTING

The good news is that there are great benefits from quitting smoking, with both immediate and long term gains.

1. HEALTH BENEFITS

Quitting will help you minimize the previously mentioned negative effects, both health and non-health related. Quitting now, or making efforts to quit, will greatly decrease your chances of these long term health risks. As shown below, quitting has immediate and long term benefits, quitting adds years of life.

Fact sheet: Health benefits of smoking cessation	
A. There are immediate and long term health benefits of quitting for all smokers.	
Time since quitting	Beneficial health changes that take place
Within 20 minutes	Your heart rate and blood pressure drop.
12 hours	The carbon monoxide level in your blood drops to normal.
2-12 weeks	Your circulation improves and your lung function increases.
1-9 months	Coughing and shortness of breath decrease.
1 year	Your risk of coronary heart disease is about half that of a smoker.
5 years	Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.
10 years	Your risk of lung cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
15 years	The risk of coronary heart disease is that of a non-smoker's.
B. Benefits for all ages and people who have already developed smoking-related health problems. They can still benefit from quitting.	
Time of quitting smoking	Benefits in comparison with those who continued
At about 30	Gain almost 10 years of life expectancy
At about 40	Gain 9 years of life expectancy
At about 50	Gain 6 years of life expectancy
At about 60	Gain 3 years of life expectancy
After the onset of life-threatening disease	Rapid benefit, people who quit smoking after having a heart attack reduce their chances of having another heart attack by 50 per cent.
C. Quitting smoking decreases the excess risk of many diseases related to second-hand smoke in children, such as respiratory diseases (e.g., asthma) and ear infections.	
D. Quitting smoking reduces the chances of impotence, having difficulty getting pregnant, having premature births, babies with low birth weights, and miscarriage.	

As a TB patient, quitting smoking can help you:

- Improve your treatment outcomes
- Reduce your chance of having recurrent TB and dying from TB.

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