
Tobacco Epidemic: The Silent Smoke of Death

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Introduction

- Interest arouse from the impact my culture has created on me
- Albanian= everyone in your family smokes
- Cigarettes lined up by the wall
- Smell is apart of my childhood



These are the facts.



- Leads to respiratory, cardiovascular, and and other harmful conditions
- Tobacco contains nicotine which is an addictive chemical
- 1 billion smokers worldwide, the majority of these people come from low income families
 - ↳ Hindered economic development, and increased health care costs

Steps taken to stop the tobacco epidemic

- The Family Smoking Prevention and Tobacco Control Act
 - FDA granted authority over production of tobacco.
- May 31, World No Smoking Day worldwide
- United Nations working within the World Health Organization



What I found interesting about my topic

- The visual damage smoking does to the heart and lungs
- Tobacco epidemic kills about 6 million people a year
- 40% vs 9%
- The changes in the body just minutes after quitting



POST-QUITTING

20 Minutes after quitting

The heart rate and blood pressure drop back to normal levels.

1-2 Weeks after quitting

Circulation and lung function improve.

1 Year after quitting

The risk of getting coronary heart disease is half as high as a smoker's.

10 Years after quitting

The risk of dying from lung cancer is half that of smoker's. Risk of getting pancreatic and larynx cancer also decreases.



12 Hours after quitting

The level of carbon monoxide in the blood drops to normal.

1-9 Weeks after quitting

Smoker 'norms' (like a constant cough and shortness of breath) become less pronounced.

5 Years after quitting

The risk of contracting mouth, throat, esophagus, and bladder cancers is halved.

15 Years after quitting

The risk of heart disease is equivalent to non-smoker's risk.

Why am I interested?

- What my family grew up on. It was the only thing keeping our family from living on the streets. It was a job.
- Father is a heavy smoker
- My grandparents and great grandparents grew their own tobacco- it wasn't looked at as a drug.



Q: Do you feel like the smoking around you has impacted your views on the tobacco epidemic? Why? How?

RESPONSE ONE [19 year old female, dad is a smoker since the age of 18 years old]

“A little bit. It’s not all negative though. Yeah I see that smoking is a bad thing but nowadays there’s a lot of new safer things and being that i’m young and these parties everyone smokes. My dad smokes. Also they’re not instantly going to kill me, **it’ll kill me** if i do it a lot and for a long time. I don’t smoke cigarettes because it just **stinks** and it’s **expensive**. Who’s going to pay 14\$ for a pack of something that has no smoke and **tastes horrible**. Also I feel like this teen smoking is more for the fun of seeing so much smoke, cigarettes don’t do that.”

Q: Do you feel like the smoking around you has impacted your views on the tobacco epidemic? Why? How?

RESPONSE TWO [20 year old male, mom and dad heavy smokers]

“It for sure has. I think that seeing my parents smoke my whole life has just gave me an example of what not to look for in a girl. I **hate** when I go out and the club **stinks** like cigarettes and shit. As much as you try and run away and escape the smell, everyone all around does it so in a way you have to settle for it. Obviously, I can only change this personally, like when I find a wife, making sure she doesn't smoke is one step away from all of this. I just think it's **extremely expensive** and unnecessary. The amount you spend in cigarettes you can be eating nice dinners every night, I don't know, that's how I look at it.”

Q: Do you feel like the smoking around you has impacted your views on the tobacco epidemic? Why? How?

RESPONSE THREE [22 year old female]

“I think that it definitely has affected the way I view the tobacco epidemic. The smoke that comes out of the cigarette and out of the mouths of people reminds me of other harmful smokes that are released into the air and contribute to **air pollution**. It upsets me that people make the choice to smoke yet it affects the air we all breathe. My relatives would all smoke in a room with no windows open and I can remember my clothes and hair **smelling** like cigarettes. It just **stinks**. Sometimes people can just smell you and think you’re a **crackhead**.”

“...it'll **kill** me”

“It just **stinks**.”

“My parents can **die** from this”



Similarities in their answers

- They all said that the smell, “stinks”
- Death and eventually killing them
- Affects the way people look at you and think of you
- Extremely expensive

“...think you're a **crackhead**.”

“**extremely expensive** and unnecessary.”

Conclusion

- Cigarettes are not the new “in” for this upcoming generation of teens
- More and more people smoke everyday because of these new E-cigarettes
- The more vape, the more fame
- New advances need to be cut off. Cigarettes look to be only targeting those who have already been smoking for a long time. Not newer generations



Reference Page

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Summary



Some may think that the tobacco epidemic refers to everyone; the old generation, the new generation, and the upcoming generation. Throughout this paper, I found out that this is not the case. Yes, the use of tobacco for a long time kills you and it severely damages your lungs but, whose lungs are they damaging? There are so many steps being taken to end this tobacco epidemic, to stop people from smoking cigarettes. But, are cigarettes the issue? Older generations grew on this idea of growing tobacco and making their own cigarettes. Newer generations like myself, do not have access to tobacco and in order to buy cigarettes you have to be 21, a pack is 14 dollars, and cigarettes release minimal vape. This generation of teens look to smoke things that release the most vape like hookah and vapes. This desire to see so much vape has also been a competition to see who can blow out more or who has 'stronger' lungs. The solution to this epidemic is to just stop creating new advances to a cigarette. Cigarettes look to be only targeting those who have already been smoking for a long time- not newer generations.