

Health Psychology

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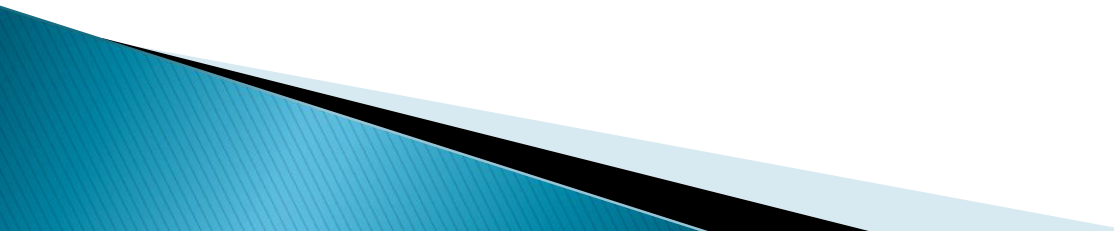
Semester :

B.S(6th)



Smoking tobacco

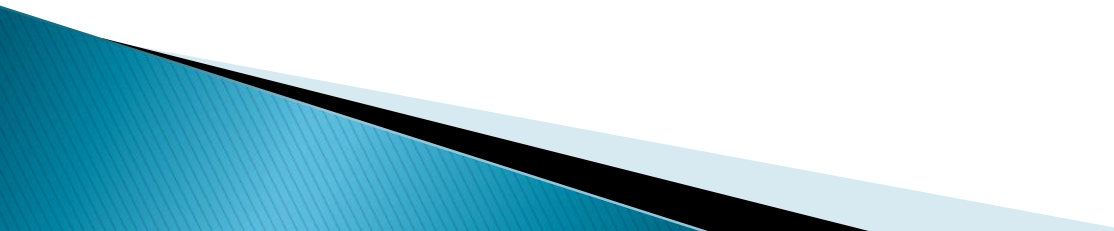
▶ Learning objects:

- ▶ Smoking and the respiratory system.
 - ▶ A Brief history of tobacco use.
 - ▶ Choosing to smoke.
 - ▶ Health consequences of tobacco use.
 - ▶ Intervention for reducing smoking Rates.
 - ▶ Effects of Quitting.
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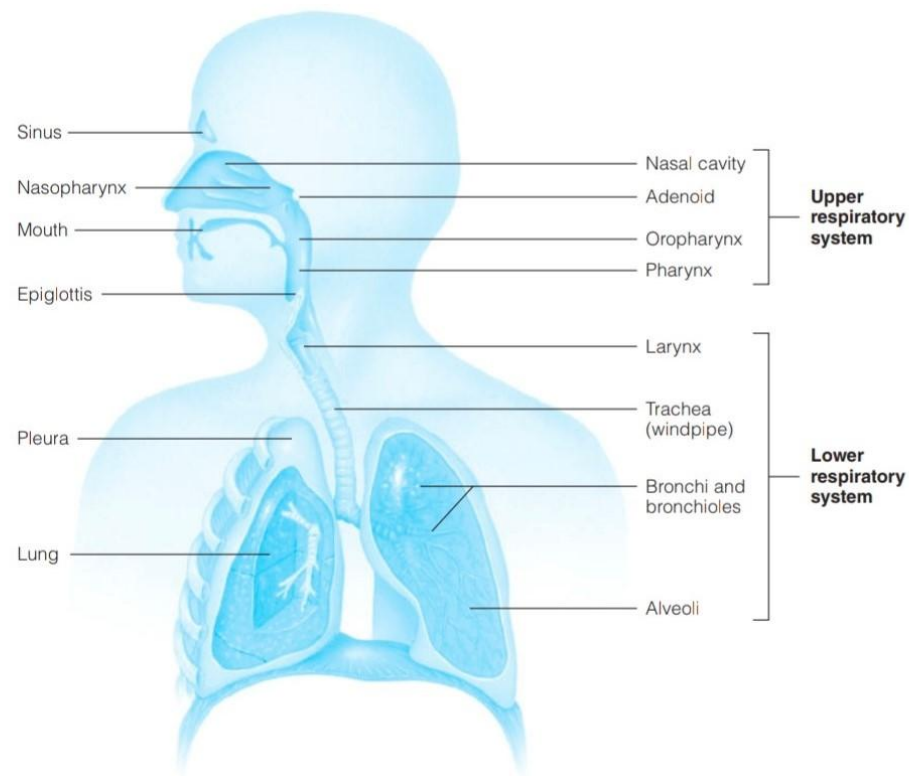
Smoking and respiratory system.

- ▶ What is smoking??
 - ▶ It is the act of inhaling and exhaling the fumes of burning plant material.
- ▶ Respiratory system.
 - ▶ Through respiration ,oxygen is taken into the body and carbon dioxide is expelled this process draws air deep into the lungs and with air can come other particles that may damage the lungs.

Functioning of the respiratory system.

- ▶ The exchange of oxygen and carbon dioxide occurs deep in the lungs. To get air into the lungs, the diaphragm and the muscles between the ribs (intercostals muscles) contract , increasing the volume within the chest.
 - ▶ The nasal passages, and bronchioles conduct air into the lungs. These passages have little ability to absorb oxygen, but in the process of inhalation, the air is warmed, humidified, and cleansed.
 - ▶ Blood that has circulated through the body travels back to the heart and then back to the lungs. This blood has high carbon dioxide and a low oxygen content.
 - ▶ Another protective mechanism in the respiratory system is called the mucociliary escalator.
 - ▶ Acute bronchitis is caused by infection and usually responds quickly to antibiotics.
 - ▶ Chronic bronchitis, emphysema, and lung cancer are all disease of the respiratory system associated with the inhalation of irritating, damaging particles.
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Functioning of respiratory sytem.



What component in smoke are Dangerous??

- ▶ The process tobacco in cigarettes contains at least 2.550 compounds, and burning increases the number to over 4000, (USDHHS, 1989)
- ▶ Nicotine is the pharmaceutical agent the under line to cigarette smoking.
- ▶ “Nicotine stimulant drug and upper”
- ▶ It effect the bypath the central and peripheral nervous system
- ▶ When nicotine is liver to brain catecholamines neurotransmitter that include and epinephrine and nor-epinephrine released. These substances act as stimulants, increasing cortical arousal, which can be measured by an electroencephalograph (EEG). IN addition smoking released beta-endorphins, and pleasurable effects of smoking may be due the release of these opiates produces by the body.
- ▶ The terms tars describe the water soluble residue of tobacco smoke condense, which is know to contain a number of compound identified or suspected as carcinogens that is agents that cause cancer

A Brief History of Tobacco Use

- ▶ When Christopher Columbus and other early European explorers arrived in the western hemisphere, they found that native Americans had a custom considered odd by European standards: The natives carried rolls of dried leaves, which they set on fire, and they “Drank” the smoke
- ▶ The smoking habit rapidly gained popularity among Europeans, but it was not without its detractors. Elizabethan England adopted the use of Tobacco, although Elizabeth I disapproved, as did her successor, James I
- ▶ Over the centuries, tobacco has been used in a variety of forms, including, snuff, pipes, cigars and cigarettes.
- ▶ The widespread adoption of cigarette smoking was aided in 1913 by the development of the “Blended” cigarette, a mixture of air-cured
- ▶ From the time of Columbus until the mid 19th century, tobacco did not lack enemies, but no one had dared to ban it for scientific or medical reasons.

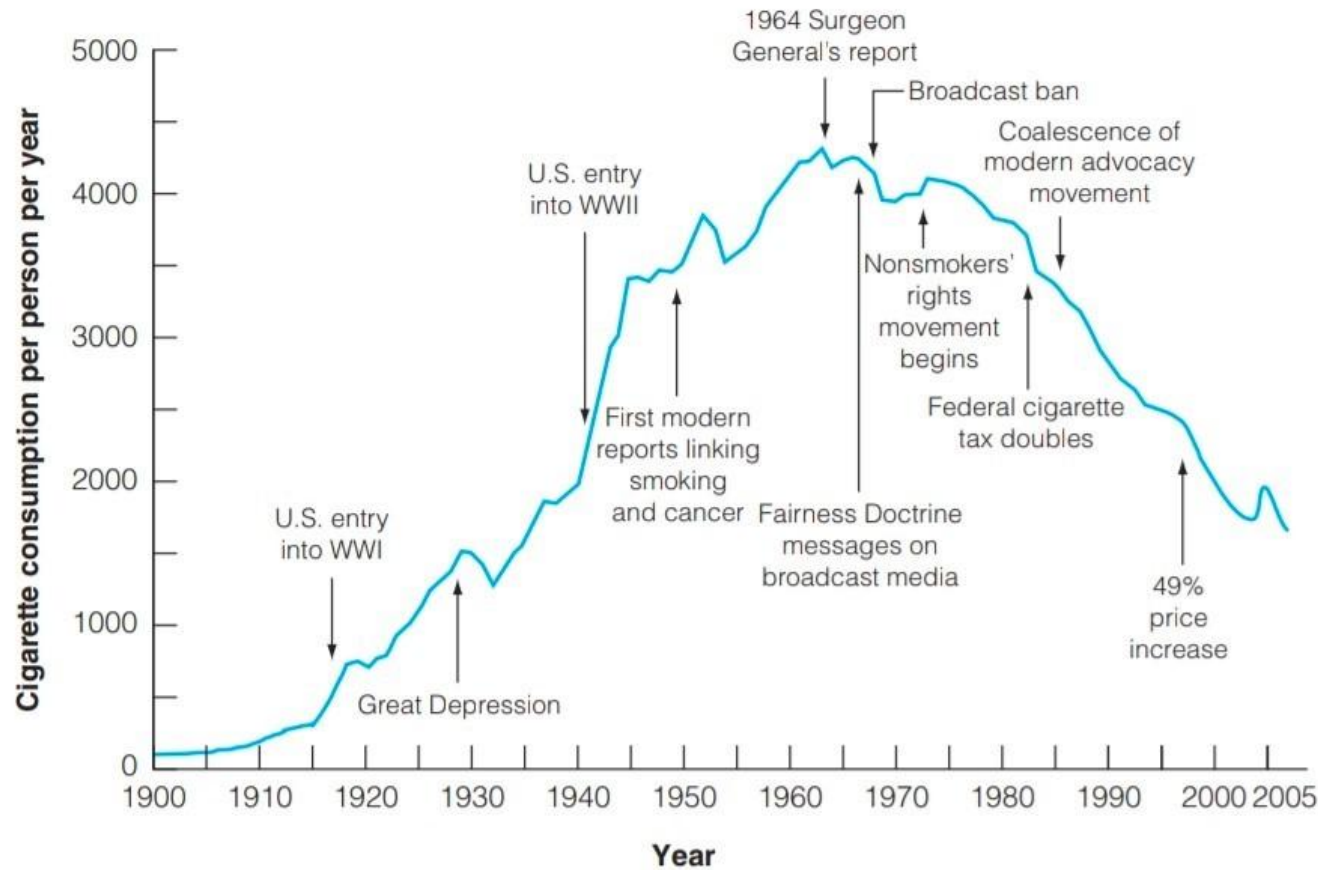
Choosing to Smoke

- ▶ Unlike many health hazards, smoking is voluntary behavior, making any negative consequences avoidable
- ▶ In recent history of United States the choice to smoke has become less and less common.

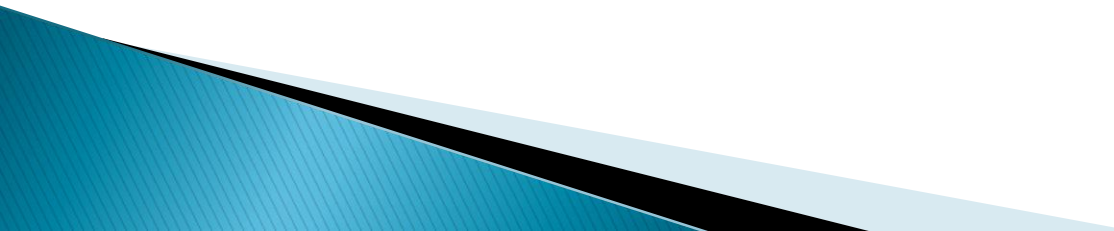
Who smokes and Who does not?

- ▶ Smokers differ from non smokers in gender, ethnicity, personal belief and behavior and educational level. In addition, changes have occurred over time, with percentage of smokers decreasing since the 1960s
- ▶ In 1964, the US surgeon general issued a report spelling out the adverse effect of smoking on health.
- ▶ At one time, gender was a good predictor of smoking, In 1965, for instance, more than half of all adult men in the United States were smokers, but only about a third of adult women smoked.

Choosing to smoke.



Why do people smoke.

- ▶ The rate of smoking in the United states has slowly decline since in the mid-1960s, especially among men.
 - ▶ Presently, 20% of adult men in the United States meet the definition of smokers.
 - ▶ Reasons for smoking can be divided into questions concerning why people being to smoke and why they continue to smoke .
 - ▶ Most smokers being as teenagers, at a time when peer pressure is especially strong.
 - ▶ Young people recognize the dangers of smoking but they smoke anyway as part of a risk-taking, rebellious style of life.
 - ▶ Also, some people smoke because they are addicted to the nicotine in tobacco products, and others smoke because they are concerned about weight again.
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Health Consequences of tobacco use.

- ▶ The health consequence to tobacco use are multiple and serious. Smoking is the number one cause of preventable mortality in the United States, causing more than 440,000 deaths a year mostly from cancer, cardiovascular disease, and chronic obstructive pulmonary disease.
- ▶ There are following effects.

Smoking and cancer

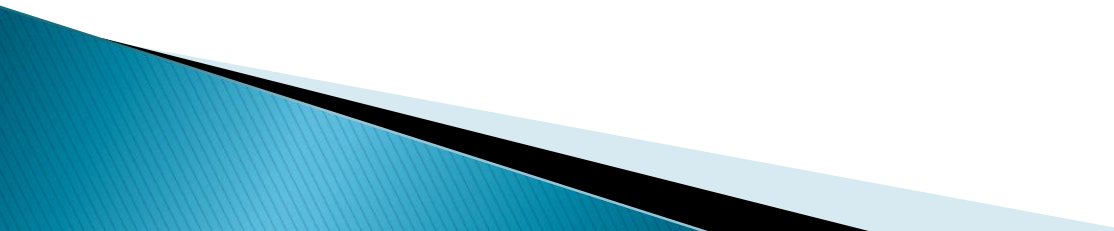
Smoking and cardiovascular Disease.

Smoking and Chronic Obstructive Pulmonary Diseases .

Interventions for Reducing Smoking Rates.

- ▶ Interventions designed to reduce smoking rates can be divided into those that deter people from beginning and those that encourage current smokers to stop.
- ▶ **Detering Smoking.**
 - ▶ Information alone is not an effective way to change behavior
- ▶ **Quitting Smoking.**
 - ▶ A second method of Reducing smoking rates is for current smokers to quite.
 - ▶ There are two types of quitting smoking.
- ▶ **Quitting without Therapy.**
- ▶ **Using Nicotine Replacement Therapy.**

Effects of Quitting.

- ▶ When smokers quit, they experience a number of effects, almost all of which are positive.
 - ▶ However , one possible negative effect is the weight gain.
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- ▶ Quitting and weight gain.
 - ▶ Health Benefits of weight gain.
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Health benefits of Quitting.

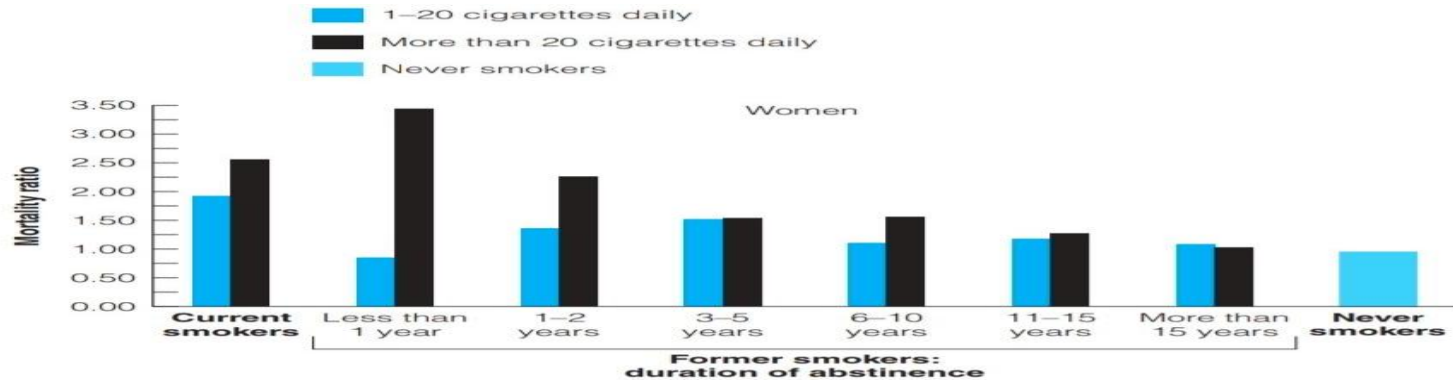


FIGURE 12.7 Overall mortality ratios for female current and former smokers compared with never smokers, by duration of abstinence.

Source: *The health benefits of smoking cessation: A report of the Surgeon General* (p. 78), by U.S. Department of Health and Human Services, 1990, DHHS Publication No. CDC 90–8416, Washington, DC: U.S. Government Printing Office.

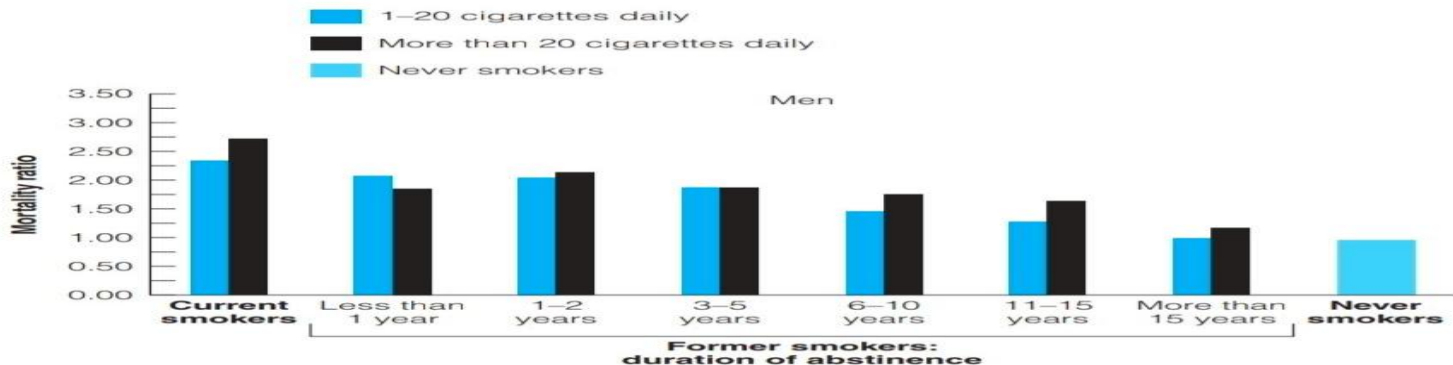


FIGURE 12.8 Overall mortality ratios for male current and former smokers compared with never smokers, by duration of abstinence.

Source: *The health benefits of smoking cessation: A report of the Surgeon General* (p. 78), by U.S. Department of Health and Human Services, 1990, DHHS Publication No. CDC 90–8416, Washington, DC: U.S. Government Printing Office.