

SMOKING AND ITS HARMFUL EFFECTS

Smoking is one of the most common and widespread habits in the world that affects both the health of the individual and society as a whole. Smoking is the most common bad habit that is defined as the inhaling and exhaling of the fumes of burning plant material. Tobacco dependence is classified as a disease by the International Classification of Diseases. Nicotine acts as a stimulant to the central nervous system and has harmful effects on the human body, especially in cancer development. According to the most recent estimate by the World Health Organization (WHO), each year, about 4 million people worldwide and 110 thousand in Ukraine die as a result of smoking-related diseases.

The total number of smokers in Ukraine declined from 8,6 million in 2008 to 10,1 million in 2011, a decline of 1,5 million. According to the State Statistics Committee, in 2011 the number of male smokers aged 20-25 was 46%, female smokers – 15%, on the whole – 24%. A person addicted to smoking may suffer from a number of serious and fatal diseases. Among the diseases that can be caused by smoking are cardiovascular disease, heart attacks, strokes, chronic obstructive pulmonary disease and cancer, particularly lung cancer. Female smokers are 10 times more likely to be infertile than nonsmokers. Secondhand smoke causes numerous health problems in nonsmokers. It is known that living with a smoker increases a nonsmoker's chances of developing coronary heart disease to 25%. Smokers are at higher risk of having high blood pressure and hypotension compared to their peers who do not smoke.

Healthcare system reform should introduce the principles of modern preventive care into the nursing practice. Healthcare professionals also play a key role in helping smokers to quit.