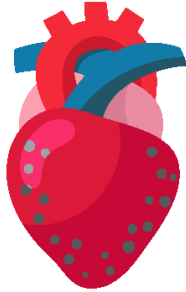


A Picture of Health

In focus this month: **Tobacco**

In Public Health we look at the way people in Tameside live as a whole population. This helps us understand what the main health and wellbeing challenges are for people living here, so we can look for ways to improve levels of health. We'll be sharing facts and figures about health in Tameside with you every month, to put you in the picture. We'll also be giving you information on how you can help yourself and the people around you to live well.

1 We hear lots about smoking related death, but what about smoking related life? Tobacco kills, but it causes illness that people have to live with first. There are at least 50 known conditions that are caused by tobacco. On average people in Tameside spend 20 years with a health problem before they die. For those who die from smoking, they are likely to have lived with one or more of the following conditions first: Chronic Heart Disease and Stroke, Chronic Obstructive Pulmonary Disease, Vascular Dementia or Cancer.



2 Children deserve the best possible start in life, but the knock on effect of the tobacco industry is that 15.8% of women in Tameside go on to smoke during pregnancy. Exposing a child to tobacco harm inside the womb has a negative impact on that child's health. Hats off to the many mums-to-be who work hard to quit, and the dads who stop smoking to support them; it's not always easy. Reducing the number of pregnant women who smoke and the families who smoke around them is a big priority in Tameside. That's why every person is offered non-judgemental support from a specialist maternity smoking cessation professional.



3 Shisha pipes, betel, bidis and paan (chewing tobacco) are all alternatives ways to use tobacco, and none are safe. With tasty flavours like apple and cinnamon, or cherry and mint, you'd be forgiven for thinking shisha sounds kind of healthy. No matter how it's dressed up, tobacco is tobacco, and it harms health. An average shisha session delivers a hit that's equivalent to 100 cigarettes. Saliva shared through mouth pieces has also been known to pass on tuberculosis (TB), hepatitis and oral herpes. Still sound appetising?



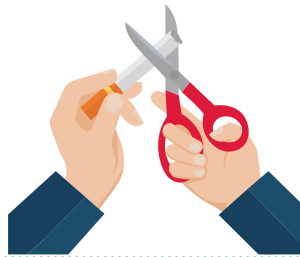
4 A child who gets used to people smoking around them is 3 times more likely to become a smoker, and of those who do, half will eventually lose their life because of it. Nobody wants that. Especially not parents! Smoking out of sight of children can help keep their curiosity at bay, and makes it less likely that they will try smoking in the first place. There is no safe way to smoke around children. If you're not ready to quit yet, taking at least 7 steps away from the house while you smoke is the next best thing to do.



5 Now is the right time to quit smoking but some of us need that extra support and help. Why not sign up to Stoptober, a 28 day challenge during October to encourage people to stop smoking? Follow @stoptober on twitter or join them on Facebook. And don't forget the SmokeFree app provides daily support and motivation. Remember, if you stay smoke free for the 28 days, you are 5 times more likely to stay smoke free for good.



6 Did you know you are 4 times more likely to quit smoking if you are supported by a Stop Smoking Service? Well lucky for us, Be Well Tameside is here to help and for FREE. Be Well Tameside provide one to one appointments, practical tips and regular contact to help achieve your goal, including giving up e-cigarettes or chewing tobacco. Change your health for the better, today, call: 0161 716 2000 or email: bewelltameside@nhs.net



7 Over recent years, e-cigarettes have become a very popular stop smoking aid in the UK. Evidence is still developing on how effective they are, but many people have found them helpful for quitting and Public Health England has advised they are 95% less harmful. An electronic cigarette (e-cigarette) is a device that allows you to inhale nicotine without most of the harmful effects of smoking. E-cigarettes work by heating and creating a vapour from a solution that typically contains nicotine; a thick, colourless liquid called propylene glycol and/or glycerine; and flavourings. As there is no burning involved, there is no smoke. Do you think an e-cigarette could help you quit smoking?



8 Did you know that 80% of smoke is invisible? That's why it is now illegal to smoke in a vehicle with someone under the age of 18. Cigarette smoke contains 4,000 chemicals, 69 of which are known to cause cancer so common sense tells us that putting a child (or adult, friend, or pet for that matter!) in a confined space while smoking is going to cause some harm.



9 All tobacco, regardless of where it is bought, is harmful to our health. Selling cheap illegal cigs might not seem like a big deal, but it is bad news for our community for all sorts of reasons. But do you know what to look out for? Cheaper than normal, foreign health warnings, unusual taste to name a few! If you are concerned illegal tobacco is being sold in your community, don't delay and report to Trading Standards.



10 Smoking is simply bad for our health, but it can also kill in an instant. Carelessly discarded smoking materials are the top cause of accidental fire deaths in Greater Manchester, accounting for 39% of accidental fire deaths between 2007 and 2014. And whilst stopping smoking will prevent this, why not reduce your risk now by speaking to Greater Manchester Fire and Rescue Service to arrange a FREE home safety visit?



11 Love Your Lungs. Smoking is one of biggest causes of Chronic Obstructive Pulmonary Disease (COPD), yet there are roughly 3000 people in Tameside with undiagnosed COPD. Symptoms of COPD include getting short of breath easily when you do everyday things such as going for a walk or doing housework, having a cough that lasts a long time or wheezing in cold weather. If you or a loved one has these symptoms, see your GP and get it checked out.

