

Wednesday, June 09, 2010

Smoking woes

Publication: The Indian Express, Edition: Pune, Supplement: Pune Newslines, Journalist: Bureau, Page No: 7, Location: Bottom-Right, Width(cms): 4, Height(cms): 18, Size (sq.cms): 72

Smoking woes

Women are fast getting ahead in the field long dominated by men. Much of this can be celebrated upon, except for this one-smoking. The World No Tobacco Day, May 31, marked some considerable epidemiological observational evidence that smoking is increasing among girls and young women in India. Director, Research, Health-Sekhsaria Institute for Public Health says, "Many young women who smoke occasionally tend to view this habit as harmless though daily smoking of a few cigarettes may still seem trivial, scientific evidence points to elevated risks for women who smoke even a few cigarettes a day, just like for men." Hookas, yet another fashionable trend has proven to be harmful as it contains more tar and carbon monoxide than cigarette smoke. Further, women addicted to smokeless tobacco products find it difficult to give up tobacco use even when pregnant. Pregnant woman addicted to tobacco put their babies at high risk. Even if a pregnant woman gives up smoking, she often reverts to it after delivery, putting not only herself at a higher risk of diseases but also her infant at greater risk of Sudden Infant Death Syndrome, respiratory infections and middle ear infections. Prolonged smoking also leads to premature facial wrinkling, yellowing of teeth and gum disease, apart from lung cancer, heart disease and stroke," adds the Director.