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HARMFUL INFLUENCE OF SMOKING ON HUMAN HEALTH

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Relevance. Currently, tobacco smoking is considered as a behavioral risk factor responsible for the occurrence and development of most chronic diseases and related complications, leading to disability and even death. The scope of the burden of disease and death that cigarette smoking imposes on the public's health is extensive. Cigarette smoking is the main public health problem, but the issues of secondhand smoke exposure, and electronic nicotine delivery systems (ENDS) are also relevant. The magnitude of the public health threat posed by cigarette smoking is due to high prevalence of cigarette smoking and its disastrous health effects.

Aim: the aim of the work is to study the harmful effects of smoking on the human body, to assess students' awareness of the problem, to provide evidence-based facts (data) that this habit has negative consequences not only for the human health, but also for people's social life.

Materials and methods. Scientific publications and the Internet resources devoted to the problem of smoking and its adverse health effects were analyzed to systematize the information on the problem. A sociological survey was conducted among university students in Minsk to find out about their awareness of the consequences of smoking.

Results and their discussion. The results of the literature review and analysis demonstrate that 3 million people die every year from diseases caused by smoking; smoking is linked to about 90% of lung cancer cases in many countries. The highest percentage of people who smoke are between the ages of 21 and 34. On average, smokers die more than 10 years earlier than nonsmokers. Many studies show that smokers are poorly aware of some of the consequences of smoking, such as lung cancer (30.1%), premature aging (64%) and stroke (66.3%). In addition, high scores on knowledge and understanding of health risks connected with smoking are significantly associated with the intention to quit smoking. About 54% of children aged 3-11 are exposed to secondhand smoke. According to WHO, there are more than 600 ingredients in cigarettes and more than 7,000 chemicals in tobacco smoke, of which 250 are considered harmful and more than 50 are carcinogens which cause cancer, as well as various health problems related to the heart, lungs, circulation, abdomen, skin, brain and reduced fertility.

Conclusion: the findings prove that smoking has a huge impact on a person's life, ranging from various serious diseases to problems in social life. From the data obtained we can conclude that the majority of the respondents have this bad habit and only a few try to get rid of it. This is due to the fact that many do not know the effects of smoking on the body. Increasing public awareness is a serious and important step in solving this problem, because without knowledge about the risk of smoking people are not likely to have the desire to give it up, which is the only way to avoid terrible diseases in the future. Decrease in the prevalence of cigarette smoking is sure to result in significant reduction in the population burden of disease and death caused by cigarette smoking.