



National
Cancer
Society
Malaysia

Giving Hope Celebrating Life



BRINGING EDUCATION AND UNDERSTANDING TO YOU



SMOKING

Bringing Education And Understanding To You

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I What is smoking?

- Smoking is the act of breathing in and out the smoke of a burning substance.¹

I How common is smoking?

- According to the World Health Organization (WHO):

In 2020,

22%

of the global population
used tobacco products.²

In 2019,

21%

of Malaysians aged 15 and above
were recorded as being current
smokers.³



References:

1. Australian Government Department of Health and Aged Care. What is smoking and tobacco? [Internet]. 2022 [cited on 2022 Dec 17]. Available from: <https://www.health.gov.au/topics/smoking-and-tobacco/about-smoking-and-tobacco/what-is-smoking-and-tobacco>

2. World Health Organisation. Tobacco. [Internet]. 2022 [cited on 2022 Dec 9]. Available from: <https://www.who.int/news-room/fact-sheets/detail/tobacco>

3. Ministry of Health Malaysia. National Health and Morbidity Survey 2019. Non-communicable diseases: Risk Factors and Other Health Problems Available from: https://iku.gov.my/images/IKU/Document/REPORT/NHMS2019/Report_NHMS2019-NCD_v2.pdf

I Why is smoking bad for my health?

- Smoking cigarettes and other forms of tobacco products is the most common cause of preventable death.⁴

In Malaysia,
smoking-related illnesses
have caused more than

20,000
people

to die every year.⁴

Of all lung cancer
cases worldwide,

80-90%

is caused by **smoking**.⁵



Cigarette smoke is made up of more than 1,000 chemicals.
At least 70 of these chemicals are known to cause cancer.⁶

References:

4. Clinical Practice Guidelines. Treatment of Tobacco use Disorder. Putrajaya[MY]: Ministry of Health Malaysia; 102 p, Report No.: 1.
5. Centers for Disease Control and Prevention. Lung Cancer: What Are the Risk Factors? [Internet]. 2021[cited 2022 Oct 25]. Available from: https://www.cdc.gov/cancer/lung/basic_info/risk_factors.htm#
6. American Cancer Society. Harmful Chemicals in Tobacco Products. Available from: <https://www.cancer.org/healthy/cancer-causes/tobacco-and-cancer/carcinogens-found-in-tobacco-products.html>

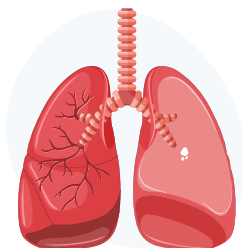
I How does smoking damage my health?

- Smoking increases your risk of getting major non-communicable diseases as well as other health issues, including cancer.⁷



Heart diseases

- Heart attack
- Stroke



Lung diseases

- Asthma attacks
- Lung cancer



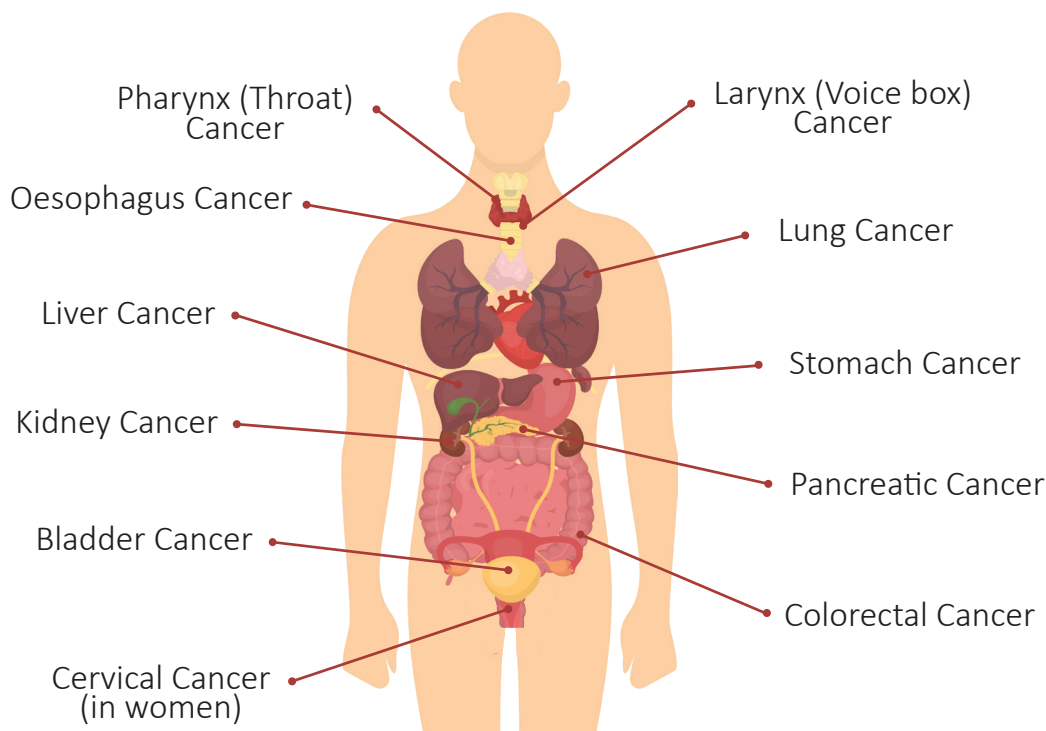
Type 2 diabetes



Early delivery, or death of the baby at birth

I What are the cancers caused by smoking?

Around 20% of all cancers are caused by smoking.⁸



References:

7. NCD Alliance. Tobacco Use [Internet]. Geneva (CH); NCD Alliance. 2019 Dec [cited 2022 Oct 25]. Available from: <https://ncdalliance.org/why-ncds/risk-factors-prevention/tobacco-use>

8. American Cancer Society. Health Risks of Smoking Tobacco [Internet]. 2020 [cited 2022 Oct 25]. Available from: <https://www.cancer.org/healthy/stay-away-from-tobacco/health-risks-of-tobacco/health-risks-of-smoking-tobacco.html>

I Why is secondhand smoking bad?

- Even if you are not a smoker, but are near someone who is smoking, you are known as a **“secondhand smoker”**.⁹
- In the United States of America, between 1964 and 2014...



2,500,000
secondhand
smokers

died from various **health problems**.



34,000
secondhand
smokers

died from **heart diseases** every year.



7,300
secondhand
smokers

died from **lung cancer** every year.

References:

9. Center for Disease Control and Prevention. Health Problems Caused by Secondhand Smoke [Internet]. 2022 [cited on 2022 Dec 17]. Available from: https://www.cdc.gov/tobacco/secondhand-smoke/health.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ftobacco%2Fdata_statistics%2Ffact_sheets%2Fsecondhand_smoke%2Fhealth_effects%2Findex.htm

I Why is secondhand smoking bad? (continued)

According to WHO,

**1.2 million
deaths**

globally result from
secondhand smoking.²

- According to the National Health and Morbidity Survey (NHMS) 2019³:



1 in 2

Malaysians were exposed
to secondhand smoke in
**restaurants without
air conditioning.**



1 in 3

Malaysians were exposed
to secondhand smoke
at home.



1 in 3

Malaysians were exposed
to secondhand smoke
at work.

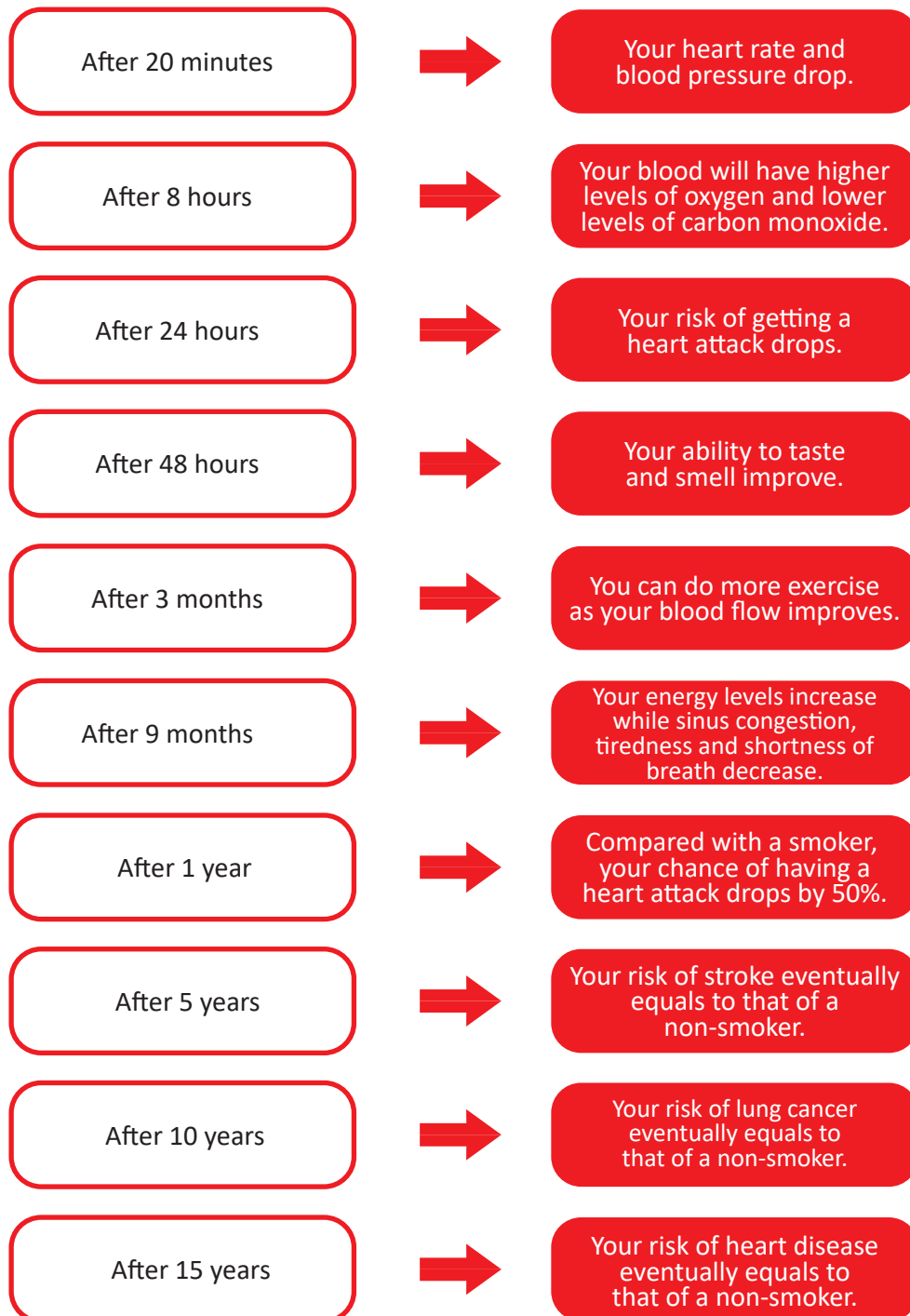
**It was recorded that Malaysians were exposed to secondhand
smoke in more than one setting**

I Is it too late for me to quit smoking?

- Some people who have been smoking for years think that the damage is done. But...

It is never too late to quit smoking.

The benefits of quitting are immediate¹⁰:



References:

10. Cleveland Clinic. Smoking: If I have been smoking for a while, is it too late to quit? [Internet]. 2022 [cited 2022 Oct 31]. Available from: <https://my.clevelandclinic.org/health/articles/17488-smoking>

I How can I protect myself and my loved ones?

QUIT SMOKING!

- Visit your nearest quit smoking clinic¹¹:



All Malaysian government health clinics (Klinik Kesihatan) provide quit smoking services



Register yourself on the JomQuit official website (<https://jomquit.com/>)



Make an appointment, or walk-in to any of these clinics



Speak to your doctor about your wish to quit smoking

References:

11. Ministry of Health Malaysia, Malaysian Academy of Pharmacy. Clinical Practice Guidelines: Treatment of Tobacco Use Disorder. [Internet]. 2022 [Cited on 2022 Dec 17]. Available from: https://www.moh.gov.my/moh/resources/Penerbitan/CPG/Respiratory/QR_CPG_TobaccoDisorder.pdf

I How can I protect myself and my loved ones? (continued)

QUIT SMOKING!

- Use the 'STAR' method¹¹



- **S**et a realistic quit date.



- **T**ell your loved ones to support you in this process.



- **A**nticipate challenges of quitting smoking, especially in the first few weeks.



- **R**emove all tobacco products from your environment.

I How can I protect myself and my loved ones? (continued)

QUIT SMOKING!

Try using nicotine gum or nicotine patch

- In Malaysia, you have to get a prescription from a doctor or a pharmacist to purchase nicotine gum or nicotine patches.¹¹
- Learn the correct way of using nicotine gum or nicotine patches.¹¹



How do I use nicotine gum?

1 - CHEW

Chew the gum slowly until you taste the mint.

2 - POSITION

Position the gum between your teeth and cheek.

3 - CHEW AGAIN

Start chewing again when the minty taste is no longer there.

The whole process takes about 30 minutes. Discard the gum properly.



How do I use nicotine patches?

1 - PREPARE

After you wake up, prepare to apply the patch by removing the seal.

2 - APPLY

Apply patch over a non-hairy area (e.g. arm or hip).

3 - LEAVE IT

Leave it for about 16 hours in the day.

The whole process takes about 16 hours. Discard the patch properly before bedtime.

Authors

Dr Alagu Manthiram A/L Ramasamy,

MD (CSMU) Doctor (KKM)

Dr Alessio Panza,

MD (UNIPV), MCommH (UOL), DTMH

Dr Caryn Chan Mei Hsein,

PhD in Psychosocial Oncology (UM) B.S(Psych)

Chan Wan Thung,

BSc (Hons) Nutrition & Dietetics (IMU)

Dr Chin Yu Aun,

MBBS (SEGI)

Dr Dalilah Kamaruddin,

MBBS (King Edward Medical College, Lahore, Pakistan), MBA (Uni of West Scotland)

Prof Elil Renganathan,

MD (Uni of Bonn, Germany) PhD, MSc from University of London

Dr Feisul Idzwan Bin Mustapha,

MBBS (UNEW) upon Tyne (UK) MPH (Epidemiology & Biostatistics) (UKM)

Assoc Prof Dr Foong Chan Choong,

BScEd (UM), PhD (UM), FAIMER Fellow,

Dr Han Albert Dicken,

MBBS (MAHE)

Dr Hong Wei-Han,

BSc Chemistry (UTM), MEd (UM), PhD (Medical Education, UM)

Dr Isabelle Soerjomataram,

MD, PhD in Cancer Epidemiology (EUR)

Dr Janice Hew Pei Fang,

DDS (UKM)

Dr Jessica Canute,

MD(USM)

Dr Kavinash Loganathan,

BSc (Hons) (Medical Bioscience, Monash University), PhD (Neuroscience, Monash University)

Dr Mah Wen Yi,

MB BCh BAO (NUI, RCSEd) LRCP & SI

Mahirah Binti Ma'som,

BSc (Hons) Biomedical Science (UniShef)

Marie Ishida,

MPH (UniMelb)

Mandy Thoo,

Biotech (ANU), PgCert Global Tobacco Control (JHSPH), MScComm (ANU)

Dr Meyharshnee Gunaseelan,

MB, BCh BAO (NUI, RCSEd) LRCP & SI

Mohamad Ishak Ahmad Abir,

BSc in Public Health (SHSU)

Prof Dr Mohammad Nasir Bin Bistamam,

PhD in Psychology (Counselling) M.Ed. (Counselling) B.Ed.

Nariza Alysa Azryn,

BBiomed (UniMelb)

Prof Dr Nirmala A/P Bhoo Pathy,

PhD in Breast Cancer Risk Factors and Outcome (Netherlands) MSc Clinical Epidemiology-Hons

Dr Noraryana Binti Hassan,

MBBS (Malaya), MPH Health Promotion (UNIMAS)

Dr Norie Kawahara,

PhD (Medical Science, JuntendoU), Cross-boundary Cancer Studies (UTokyo)

Dr Ruthresh Rao Subramanyan,

MBBS (UnizSA)

Assoc Prof Dr Samsiah Binti Mohd Jais,

PhD in Counselling from University of South Australia M. Psych (UKM) B.A(Psych) (UMKC,US)

Prof Dr Sanjay Rampal A/L Lekhraj Rampal,

PhD in Epidemiology from Johns Hopkins University

Dr Sathirakorn Pongpanich,

PhD in Health Economics and Health Policy and Management (JHU), UCLA & Harvard

Shigeru Matsui,

Bachelor of Engineering (Toyama Prefectural U)MSciComm (ANU)

Tepei Sakano,

Allm CEO/FOUNDER, DeNA Medical Business Unit Head, Japan Medical Venture Association Director, Tohoku University Appointed Professor, Tokyo Medical and Dental University

Thaarenee Wiswannadan,

BSc Nutrition (AU), MSc Public Health Nutrition (UKM)

Dr Tomoko Matsushita,

PhD (Urban Engineering, UTokyo), Registered Architect (Japan)

Prof Dr Victor Hoe Chee Wai Bin Abdullah,

PhD in Occupational Health and Safety from Monash University MPH MPH (Occupational Health) ME (Safety, Health and Environment) MOSH from the University of Turin and the International Labour Organization

Dr Vignesvari Subramaniam,

MBBS (MAHSA), GCFM

Dr Vijayan Munusamy,

MD, mMED (UM): Pg Diploma and Master in Respiratory Medicine (South Wales, UK)

Dr Wong Ping Foo,

MBBS (IMU), DR FAM MED (UKM), FRACGP (AUS), MAFP (MAL), AM (MAL)

Zen-U Hotta,

ABD (Engineering, UTokyo), Certified Advanced Social Researcher (IASR, Japan)

Dato' Dr Saunthari Somasundaram,

DPMP MBBCh, BAO, LRCP, LRCS (Ireland) MBA (UK)

Assoc Prof Dr Murallitharan Munisamy,

MD(UA) MCommHealth(UKM) Dip.Derm(Thailand) PGDipCR(India) MSc(London) MMedEd (Malaya) FRSPH (UK) PhD (Public Health)

