

Smoking kills 100,000 in Pakistan every year: Speakers

**OUR STAFF REPORTER
ISLAMABAD**

Around 5,000 people in Pakistan are admitted in the hospitals everyday due to tobacco related diseases, and 274 die daily and above 100,000 die every year due to smoking or smoking-related causes.

Tobacco kills nearly six million people each year worldwide, of which more than 6,00,000 are non-smokers dying from breathing second-hand smoke, said Consultant Pulmonologist Dr Sohail Naseem during a seminar with the theme of "work together to end the illegal trade of tobacco products", Organised by Shifa International Hospital (SIH) to mark World No Tobacco Day.

The seminar held on Saturday to highlight the health risks associated with tobacco use and educate public about the harms, hazards and effects of smoking on health also included a documentary and an art competition against tobacco use.

Consultant Pulmonologist SIH Dr Sohail Naseem informed that smoking causes an estimated 90 per cent of all lung cancer deaths in men and 80 per cent in women. "An estimated 90 per cent of all deaths from chronic obstructive lung disease are caused by

smoking. Major part of household income is being spent on smoking rather on health and education. Pakistan is losing almost Rs 562 million daily in cigarette smoking. Eighty per cent of cigarettes are consumed in developing countries including Pakistan," he said.

Consultant Psychiatrist Dr Abdul Wahab Yousafzai said that the illicit trade of tobacco products is detrimental to your health and your interests. Illicit tobacco products hook young people into tobacco experimentation and use because they are more affordable. Such illicit products also mislead young tobacco users by not displaying health warnings and sometimes involving children in illegal selling activities.

He said smoking would kill one billion persons by the end of this century. "Half of the Pakistani men are regular smokers and about 55 per cent families in Pakistan have at least one person who smokes. And, sheesha was equally dangerous."

Consultant Cardiologist Dr Saeedullah Shah said it was alarming that above 70 per cent people with cardiovascular diseases are smokers. Smoking causes failure to taste food; it shrinks arteries and causes various cardiac diseases. He said that smoking is major cause of heart attack.