



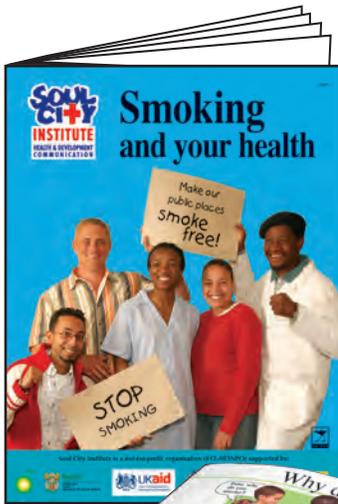
Smoking and your health



Soul City Institute is a not-for-profit organisation (012-983NPO) supported by:



How to use this book



Everybody wants to have a healthy life. This book will help you to be healthy by giving you information on the problems of smoking. Read these pages and share the information with your family and friends.

The book can be used by the community and in your home. Parents, adults, young people, teachers, health and community workers can use it.

This Community Development Project is supported by:



If English is not your own language, you may want translations of some difficult words. These words have been underlined. They are explained in Zulu, Xhosa, Sotho and Afrikaans in boxes on the side of each page.



- English**
- Zulu
 - Xhosa
 - Sotho
 - Afrikaans

In this book there are coloured blocks to give you information to help make things better in the community. These blocks look like this:



Community Information
Stand up for your right to clean air. Support bans on smoking in public places.

There are also coloured blocks that help you to remember important things. These are shown like this:



Remember! People who stop smoking live longer than those who carry on smoking.

Sometimes there are other special things to think about. These are shown in coloured blocks like this:

Make sure you understand the dangers of smoking.

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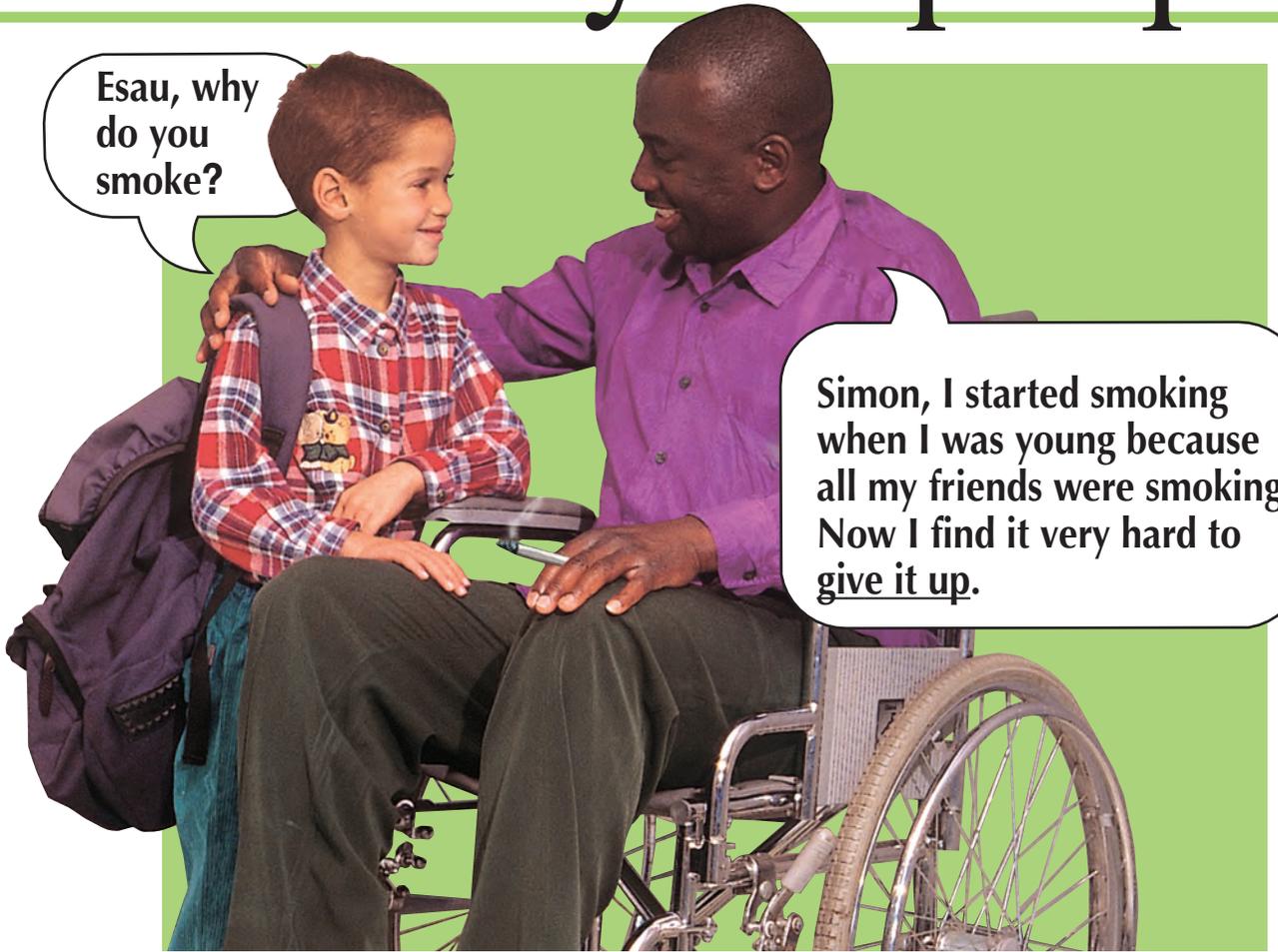
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Why do people

Esau, why do you smoke?

Simon, I started smoking when I was young because all my friends were smoking. Now I find it very hard to give it up.



give it up

- ukuwuyeka
- liyeke
- ho tlohela
- om op te hou

unhealthy

- akunampilo
- alinampilo
- ha hwa loka bakeng sa maphelo
- ongesond

advertisements

- ama-advethi
- izaziso/intengiso
- dipapatso
- advertensies

wrinkles

- ukushwabana
- imibimbi
- maswebe
- ploolie

stained

- aba namabala
- abane-nitshongo
- matheba
- gevlek

Most people have heard that smoking is unhealthy, but people carry on smoking for many reasons. Cigarette advertisements encourage us to smoke. This is how they do it:

- **Advertisements make you think that you will be good-looking if you smoke.**

This is not true. In fact smoking harms your looks – you get wrinkles, especially around the mouth. Also, your fingers and teeth are stained yellow from cigarettes, and you usually smell of tobacco.



- **Young people think that they will be more adult if they smoke.**

This is not true. Fewer and fewer adults are smoking, and most adults who smoke have tried to give it up.



smoke?

- **Advertisements make you think that you will be wealthy if you smoke.**

This is not true. In fact smoking costs a lot of money. In one month a smoker can spend R450, which adds up to R5 400 a year!



wealthy

- uzoba yisigwili
- ukuba sisityebi
- o tla rua
- ryk

- **Advertisements make you think that you will be thin if you smoke.**

This is not true. In fact smoking does not always affect a person's weight. Lots of people who smoke are fat. It is more important to be healthy than thin.



- **Young people often think they will be part of a group when they smoke.**

This is not true. In fact most young people do not smoke. You will be part of a bigger group if you don't smoke.



independent

- ukuziphatha
- ukungabikho phantsi kwamntu
- ba ikemetse
- onafhanklik

- **Advertisements make you think that women who smoke are more independent.**

This is not true. By smoking, women are just subjecting themselves to a new master – tobacco.



subjecting

- azifaka ngaphansi
- ukuzifaka phantsi kolawulo
- ikemetse
- onderwerp

- **Advertisements make you think that you will be a more successful lover if you smoke.**

This is not true. Smoking can decrease your sexual ability.



decrease your sexual ability

- kunciphisa amandla
- amandla okukwazi ukulalana
- fokotsa bokgoni ba hao ho tsa thobalano
- jou seksuele vermoëns verminder

- **Some people think that all sportsmen and sportswomen smoke, because tobacco companies pay for many sports events.**

This is not true. In fact most top sports players do not smoke, because they know that smoking harms their performance.



Make sure you understand the dangers of smoking.

The tobacco industry

tobacco companies

- izinkampani zogwayi
- iinkapmani zecuba
- dikhampani tsa kwae
- tabak-maatskappye

Bettina, why do tobacco companies sell cigarettes if tobacco is so dangerous?

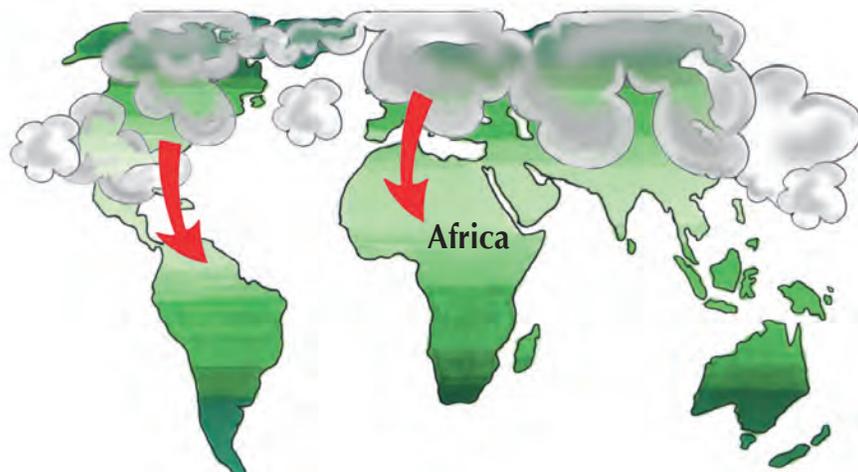
Selling cigarettes is big business, which brings money to tobacco companies.

Facts about tobacco

developing countries

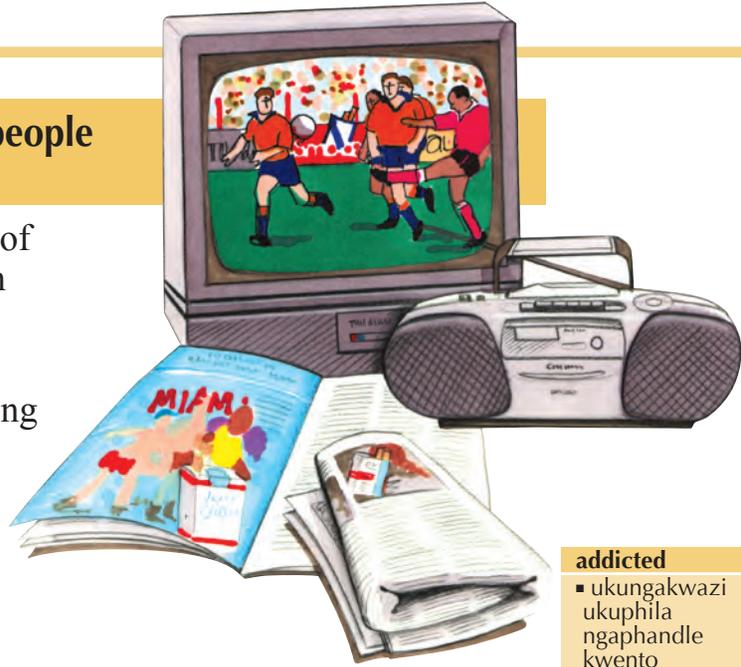
- amazwe asathuthuka
- amazwe asakhulayo
- dinaheng tse sa ntseng di tswela pele
- ontwikkelende lande

- In countries such as England and America, more and more people are giving up smoking. This is because they know the dangers of smoking. Tobacco companies are now selling fewer cigarettes in these countries.
- Tobacco companies are now trying to sell more cigarettes in developing countries like Africa. More and more people are starting to smoke in these countries.



How do tobacco companies get people addicted to smoking?

- Tobacco companies spend millions of rands on advertising on the radio, in newspapers and magazines, in the streets and at movies.
- They also spend a lot of money paying for sports matches and concerts. Sometimes they give away free cigarettes at these events.



addicted

- ukungakwazi ukuphila ngaphandle kvento
- ukuba yingedle
- ho ba lekgoba
- verslaaf

What is the government doing to protect us from the dangers of tobacco?



The government agrees that smoking is harmful to health. It has made the following laws:

- All advertisements and cigarette packets must have warnings to say that smoking is dangerous.
- Smoking is not allowed in most public places to protect us from breathing other people's smoke.
- People under 16 years are not allowed to buy any kind of tobacco.

warnings

- izexwayiso
- izilumkiso
- ditemoso ditlhokomediso
- waarskuwings

public places

- izindawo zomphakathi
- iindawo ezinabantu abaninzi
- dibakeng tsa bohle
- openbare plekke

But won't some employees in tobacco companies lose their jobs if we stop smoking?

Jobs that are lost in the tobacco industry will be created in other industries. This is because people who stop smoking spend their money on other things.

employees

- abasebenzi
- abaqweshwa
- basebetsi
- werknemers

Is it really dangerous to smoke?

In developed countries, cigarette smoking kills more people than AIDS, alcohol, heroin, cocaine and motor car accidents put together.



developed countries

- amazwe asethuthukile
- amazwe asele ephuhlile
- dinaheng tse tswetseng pele
- ontwikkelde lande

Why should I stop

damage

- umonakalo
- umonakalo
- tshenyo
- skade



Why should I stop smoking?

- You will have better health.
- You will look more attractive.
- You will save money.
- You will be easier to work with and live with.
- You will make a better parent.



smoking?

You will have better health

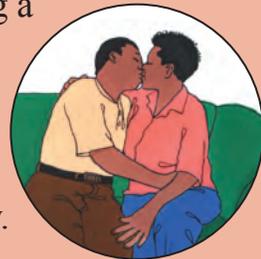
The best thing that you can do to improve your health is to stop smoking. All over the world doctors are saying that smokers should stop smoking.

- It will be easier to breathe if you stop smoking.
- You won't wake up coughing if you stop smoking.



You will be more attractive

- You will be more attractive to your partner if you stop smoking.
- Your hair, hands and clothes will smell better.
- Your kisses will be sweeter – kissing a smoker is like kissing a dirty ashtray!
- Your fingers will not be stained yellow, and you will not get wrinkles so easily.



coughing

- ukukhwehla
- ukukhohlela
- kgohlela
- hoes

You will save money

Smoking costs money. You can save hundreds of rands every year if you stop smoking.



You will be easier to work with and live with



- Smoking often irritates other people at work and at home.

- You will need fewer days sick leave.
- You will pay less for life insurance.



You will be better parents

- You will be a better parent if you stop smoking.
- Women who don't smoke have healthier pregnancies and stronger babies.
- Children who live with non-smokers don't get as many colds and coughs as children whose parents smoke.



irritates

- ukucasula
- ukucaphukisa/ukuphazamisa
- ho thohothetsa/ho kgopisa
- irriteer

Support people who are trying to give up smoking.

Facts about smoking



lungs

- amaphaphu
- imiphunga
- matshwafo
- longe

heart attacks

- ukuvaleka kwenhliziyo
- ukuhlaselwa yintliziyo
- ho futuhelwa ke lefu la pelo
- hartaanvalle

cancer

- isifo somdlavuza
- ikhensa/ umhlaza
- kankere
- kanker

carbon monoxide

- i-carbon monoxide
- ikhabhon-monoksayidi
- khabone-monokesaede
- koolstof-monoksied

oxygen

- i-oxygen
- i-oksijini
- okosejene
- suurstof

tar

- i-tar
- itha
- tar
- teer

nicotine

- i-nicotine
- intshongo
- bokwadi
- nikotien

Why is tobacco harmful to our health?

Tobacco is dangerous to your health, because it contains over 200 poisons which damage your lungs. The damage gets more serious the more you smoke. These poisons can cause heart attacks and cancer. Here are some examples of the poisons in tobacco:



Carbon monoxide is a poison which stops your blood from carrying oxygen around your body. Without oxygen you cannot live.

Tar is a poison which causes cancer.

Nicotine is a kind of drug which raises your blood pressure. You can become addicted to it. To be addicted means that your body and mind are not comfortable without the drug. You feel as if you need the drug every day. Once you are addicted to a drug, it becomes very difficult to stop taking it. This is why people find it so difficult to stop smoking.

Remember!

There is no cure for many of the diseases caused by tobacco.

What about snuff?

Snuff also has many poisons in it. People who take snuff can get high blood pressure and cancer of the nose and mouth.



high blood pressure

- i-high blood pressure
- i-high-high
- kгатello e phahameng ya madi
- hoë bloeddruk

What about dagga?

Doctors have found that dagga harms your lungs in the same way that tobacco does.



I only smoke a few cigarettes a day. Can this make me sick?

Even one cigarette a day is harmful – the less you smoke the better. Lung damage begins when you start smoking. You can look healthy for many years before you start showing the signs of lung disease or cancer.

heart disease

- isifo senhliziyo
- isifo sentliziyo
- lefu la pelo
- hartsiektes

Is it also dangerous to breathe smoke from other people's cigarettes?

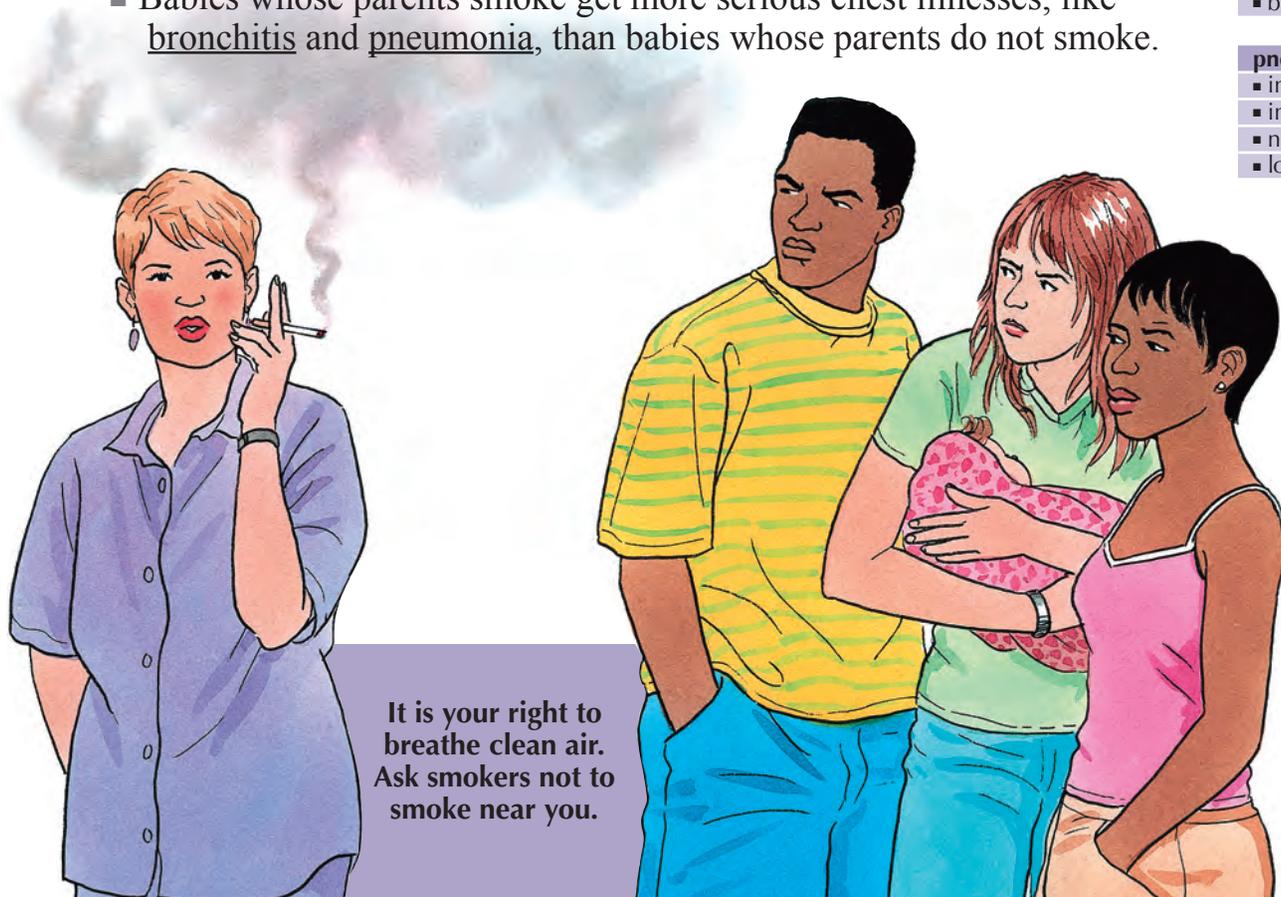
- Yes, you can get lung cancer or heart disease if you live or work with someone who smokes. This is because you breathe in their smoke every day.
- Babies whose parents smoke get more serious chest illnesses, like bronchitis and pneumonia, than babies whose parents do not smoke.

bronchitis

- i-bronchitis
- ibronkayithisi
- boronkakisi/lefuba
- brongitis

pneumonia

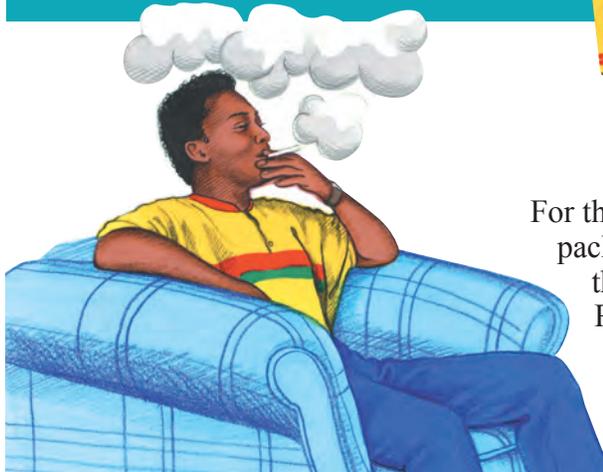
- inyumoniya
- inyumoniya
- nyomonía
- longontsteking



It is your right to breathe clean air. Ask smokers not to smoke near you.

What diseases does

Dennis was 16 when he first started smoking. His friend smoked and Dennis wanted to be like him. His first cigarette made his chest burn, and his friends laughed at him. But Dennis soon got used to it.



For the next 32 years Dennis smoked a packet of 20 cigarettes every day. To buy this many cigarettes today would cost R160 000!

When Dennis was 40 years old he started to cough and get a sore throat, but at first it did not worry him. His doctor told him to stop smoking, but Dennis didn't listen.



One day when he was reading a sermon in church, Dennis found that his voice suddenly disappeared. He had cancer of the throat, and a few weeks later the doctors had to cut out his voice-box (larynx).



They said that he was lucky he didn't die. After the operation it took many months for him to learn to speak again.

Dennis realised that this cancer was because of smoking. Today he helps other people with cancer of the voice-box to learn to speak again.

He also teaches young people about the dangers of smoking.



sermon

- intshumayelo
- intshumayelo
- thero/lentswe
- preek

larynx

- umphimbo
- ingqula
- qoqotho
- strottehoof/larinks

smoking cause?

Smoking causes many different diseases. The most serious are lung disease, cancer, heart disease and strokes.

Lung disease

People with lung disease can suffer for many years from coughing and shortness of breath. People who have bad lung disease sometimes need an oxygen tank to be able to breathe.

Cancer

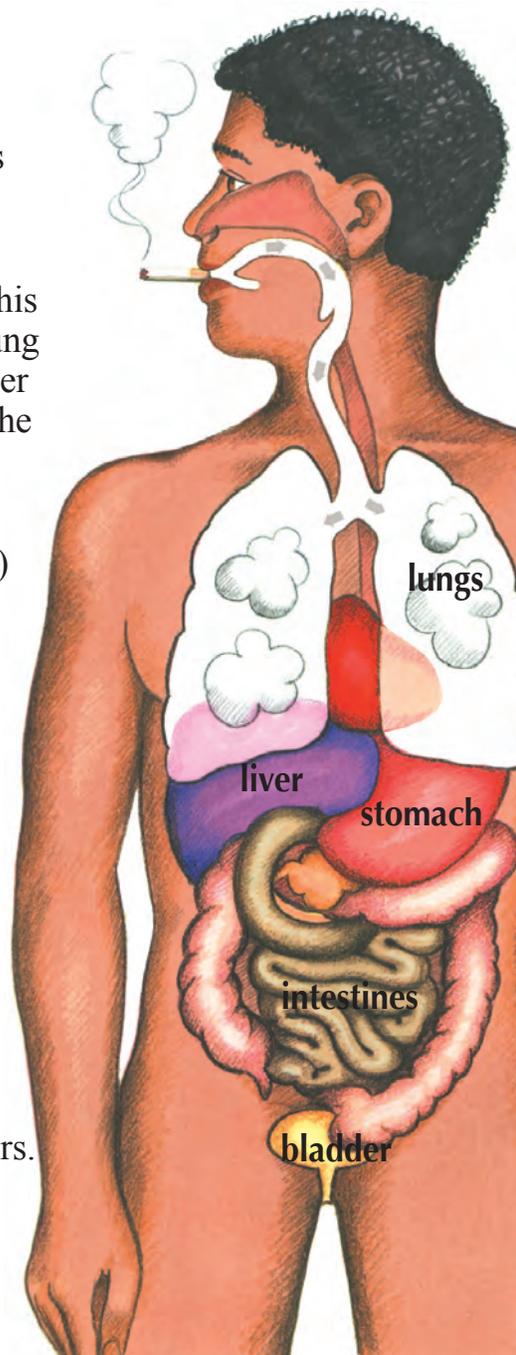
Almost everyone who gets lung cancer gets this disease from smoking. There is no cure for lung cancer. Smoking can also cause cancer of other parts of the body, such as the voice-box and the food pipe (oesophagus).

Heart attacks and strokes

The blood in our bodies is carried (circulated) through thin tubes called blood vessels. Smoking can cause the blood to get blocked in the blood vessels. This is dangerous, because if the blood is blocked from circulating in any part of your body, that part of your body can die. This is what happens in strokes and heart attacks. Many people die of these diseases. Sometimes they survive and are paralysed (unable to move the body) after a stroke. They may need to have a leg amputated (cut off) after a blockage of blood in the leg.

Poor general health

Smokers get sick more often than non-smokers. They take more time off work. Smokers suffer more than non-smokers from stomach ulcers, infertility and other sicknesses.



strokes

- isifo
- sohlangothi
- izitrowukhi
- ditlhaselo tsa seterouku
- beroertes

oxygen tank

- ithangi le-oxygen
- itanki ye-oksijini
- tanka ya okosejene
- suurstofenk

oesophagus

- umminzo
- ummizo
- mmetso
- slukderm

blood vessels

- imithambo yegazi
- imithambo yegazi
- methapo ya madi
- bloedvate

circulating

- ukuhamba kwegazi
- ukuhamba kwegazi
- ho potoloha
- sirkuleer

stomach ulcers

- i-alsa
- i-alsa
- dialesa tsa mohodu
- maagsere

infertility

- ukungatholi abantwana
- ukungenzi bantwana
- ho hloka pelehi
- onvrugbaarheid

What can happen to your baby if you smoke while you are pregnant?

Many poisons from the tobacco get into the unborn baby through the mother's blood. Also the baby will not get enough oxygen from that blood. This is why smoking is harmful to an unborn baby. There are other problems too:

- Babies born to mothers who smoke during pregnancy are usually born smaller than other babies. They also have more chance of being sick.
- There is a greater chance of your baby dying at birth if you smoke when you are pregnant.

How to stop



encourage

- khuthaza
- khuthaza
- kgothaletsa
- aan te moedig

STOP SMOKING
It damages your lungs!

1 Decide to stop

- Decide on a date to stop smoking.
- Do not change your mind when that date arrives! Ask your friends and relatives to help you. They must not offer you cigarettes, or encourage you to smoke.
- Never decide to have “just one” cigarette, no matter what happens. One cigarette leads to another and another and another...



2 Throw away the addiction

- Throw away your cigarettes and ashtrays. You do not need to remember these things.
- The first 2 or 3 days are the most difficult. You will want to smoke many times.
- After that it gets easier. It may take up to 3 months before you stop wanting to smoke. It can also take this long for you to feel completely comfortable with your life as a non-smoker.



3 When you feel the need to smoke:

- Remind yourself why you stopped smoking.
- Drink a glass of water. It will wash the nicotine out.
- Relax – take a deep breath, hold it for 3 seconds and breathe out slowly. Do this 5 times.
- Eat something healthy like a carrot, an apple or some celery. Chew gum if you need to, but only the sugarfree kind.
- Tell yourself, “I choose not to smoke” or “If God wanted me to smoke, he would have put a chimney on my head!”



smoking



4 How to carry on

- Get regular exercise. Go for a run or a walk. This will help you to relax.
- You may feel dizzy or irritable once you have stopped smoking, or you may get headaches or start coughing. Do not worry – this is normal. These signs show that your body is getting better from the bad effects of smoking. The signs will go away within 14 days.



dizzy

- ukuba nesiyezi
- ukuba nesiyezi
- ho tsekela
- lighoofdig

irritable

- ukucasuka
- ukucaphuka
- ho teneha
- geirriteerd

headaches

- ubuhlungu bekhanda
- intloko ebuhlungu
- ho opelwa ke hlooho
- hoofpyne

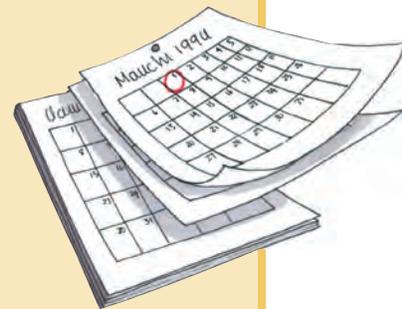


5 How to change your life

- For 10 days, stay away from people who smoke. Stay away from other things, like alcohol, that make you want to smoke.
- Train your body to expect food at the same time every day if you are worried about putting on weight.
- Chew sugarfree gum when you want sweet foods.
- Eat fruit between meals.
- Take time for exercise every day. Not everybody puts on weight when they give up smoking.

6 Keep up the good work

- Take one day at a time.
- Each day without a cigarette is good for your health.
- After 48 hours the nicotine will be out of your body.
- After a year of not smoking, your risk of a heart attack is only half as great as when you smoked.
- After 5 to 10 years, your risk is the same as if you had never smoked.



risk

- ingozi
- umngcipheko
- ho ba kotsing
- kanse

For more help you can phone the “Quit Smoking” number: (011) 720-3145.

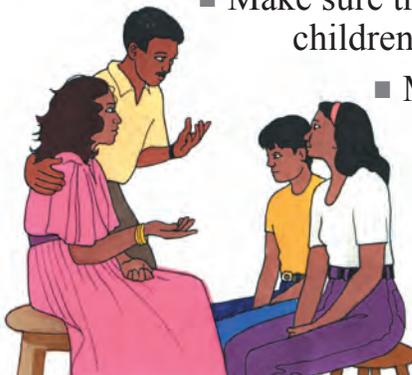
Stop children smoking



Most smokers begin smoking when they are teenagers. They often start smoking without knowing how dangerous it is. They don't know that advertisements do not tell the whole truth.

This is how you can help your children

- Teach your children the facts about tobacco before they become teenagers.
- Set a good example by not smoking yourself. Be honest with your children if you find it difficult to stop smoking. Let them know that it is easy to start smoking, but very difficult to stop.
- Make sure that people in your community are not selling tobacco to children under the age of 16.
- Make sure that your children understand how advertising works (read pages 2 and 3).
- Ask your children to try and be strong, even if all their friends are smoking. Tell them that their friends probably do not understand the dangers of smoking.



community
■ umphakathi
■ uluntu
■ setjhabeng/
motseng
■ gemeenskap

Community action

I was in the taxi when the man next to me started smoking. Now I feel sick and dirty.



You should have let him know that the smoke was making you feel sick. Most smokers do not want to harm other people.

harm

- ukulimaza
- ukonzakalisa
- ho lematsa/
ho utlwisa
bohloko
- benadeel

What can we do?

- Ask traders not to sell cigarettes to children. Tell them that it is against the law to sell cigarettes to anyone under the age of 16.
- Talk to your family and friends about the problem. Tell them about the dangers of smoking and how it can damage everybody's health.
- Support people who are giving up smoking.
- Make your voice heard. Phone in to radio talk shows. Write letters to newspapers and magazines.
- The representative in your area for local government can help to make laws to stop smoking in public places.

traders

- abahwebi
- abarhwebi
- barekisi
- handelaars



Community Information

Stand up for your right to clean air. Support bans on smoking in public places.

List of places to help you

National

- CANSA Toll-free 0800 22 66 22
www.cansa.org.za
011 616 7662
- Department of National Health
012 312 0000

Eastern Cape

- Department of Health
041 391 8100

Free State

- Department of Health
051 408 1105

Gauteng

- Department of Health
011 355 3858/3000

KwaZulu-Natal

- Department of Health
031 336 8700/0800 00 51 33

Limpopo

- Department of Health & Welfare
015 293 6000

Mpumalanga

- Department of Health & Social Services
013 766 3429/30

Northern Cape

- Department of Health
053 830 0783

North West

- Department of Health & Welfare
018 299 4036

Western Cape

- Department of Health
Metropol Region
021 483 3647

Soul City Institute is a not-for-profit organisation (012-983NPO) supported by:



This publication was partially supported by Cooperative Agreement Number U62/CCU024560/01 from Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.



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It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on this page.

Soul City and Jacana Media cannot be held responsible for any medical problems.

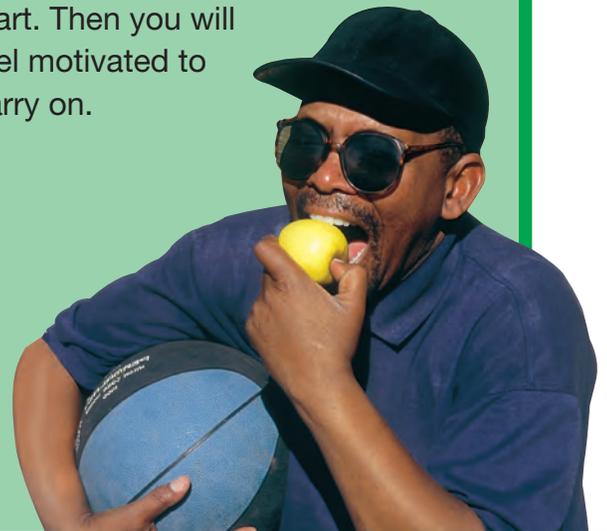
1st edition 1996; Revised edition 2006; Reprinted 2009/2010.

Published by Jacana Media ISBN 978-1-77009-150-4

Healthy lifestyle choices!

Live life to the full by making healthy lifestyle choices!

- **Exercise:** Exercise promotes health by burning calories, building muscle and helping the body to work better. If you are overweight, it can increase the risk of cancer and other serious diseases. Find activities that you enjoy, and do them regularly. This will get your blood pumping and your energy levels up. It will also lower your risk of getting cancer.
- **Healthy diet:** Enjoy a variety of foods. Eat plenty of vegetables and fruit daily, and drink lots of clean, safe water. If you drink alcohol, drink sensibly. Try to maintain a constant body weight.
- **Self-examination:** Both women and men should do monthly self-examinations and have regular medical check-ups. This will make sure that any changes in the body are found out as early as possible. Treatment will then be more successful.
- **Safe in the sun:** Stay in the shade as much as possible or under an umbrella. Remember that UV rays reflect off cement, water, sand and even grass, so you can even get sunburnt in the shade. UV rays are not the same as heat. You get over-exposed even when it is cool, so take care on windy or overcast days. Wear sun-block, and limit your time in the sun, especially between 10:00 and 15:00 when the sun's rays are most harmful.
- **Stop smoking:** Giving up smoking is one of the most difficult things to do. But even quitting for a few hours, or cutting down your smoking, is a good start. Then you will feel motivated to carry on.





Beyond HIV and AIDS there's hope.

The OneLove campaign is spreading its message of staying with one partner for the greater good of South Africans and all the people of Southern Africa. Soul City Institute of Health and Development Communication believes this is one way that HIV and AIDS can be defeated. Having multiple sexual partners increases your chances of becoming infected with HIV and hurting the ones you love. BP supports this initiative because we're committed to building a healthy, successful nation.

