

Smoking and Tobacco Use

Smoking cigarettes, cigars or pipes and using other tobacco products can cause:

- Cancer of the lungs, mouth, throat or esophagus
- Heart and blood vessel disease
- Lung disease
- Stroke

Cigarettes are filled with poisons that go into your lungs when you breathe in. Each cigarette has 4000 chemicals and 43 cancer causing agents. Nicotine in tobacco is addictive and can raise your blood pressure.

Smoking is also a danger to others. Nonsmokers who breathe tobacco smoke have the same health risk as smokers. Children who are around tobacco smoke may have more colds, ear infections or other breathing problems.

Smokeless tobacco such as dip and chew contains more nicotine than cigarettes. Their use can cause white patches or red sores in the mouth that can develop into cancer. Smokeless tobacco users often have dental problems such as gums pulling away from the teeth and tooth and root decay.

Benefits of Quitting Smoking and Tobacco Use

- Your risk of heart disease and stroke is reduced.
- Your breathing and energy level will improve.
- Your cancer risks will be reduced.
- You will live longer than people who continue to smoke and use tobacco.
- If you are pregnant, you have a better chance of having a healthy baby.

Isticmaalka Sigaarka iyo Tubaakada

Cabidda sigaarka, sigarka qoriga ah ama tubbada iyo isticmaalidda waxyaabaha kale ee tubaakada laga sameeyo waxay keeni karaan:

- Kansarka sanbabada, afka, cunaha ama hunguriga
- Cudurka wadnaha iyo marinnada dhiigga
- Cudurka sanbabka
- Maskaxda oo hawl gabta (faalig)

Sigaarrada waxaa ka buuxa sun sanbabadaada geleysa marka aad sigaarka nuugto. Sigaar kasta waxaa ku jira 4000 oo kiimko ah iyo 43 waxyaabood oo kansar keena. Nikotiinku waa wax la qabatimo wuxuuna kor u qaadi karaa cadaadiska dhiiggaaga.

Sigaar cabiddu waxay sidoo kale halis u tahay dadka kale. Dadka aan sigaar cabbin ee ku neefsada qiiqa tubkaadu waxay ku jiraan halis la mid ah kuwa sigaar cabba. Carruurta joogta meesha sigaarka lagu cabbayo waxay badanaa qaadaan hergeb, jeermis gala dhegaha ama dhibaatooyinka kale ee neefsashada.

Tubaakada aan qiiqa lahayn sida sida midda la ruugo waxaa ku jira nikotiin ka badan kan sigaarka. Isticmaalkoodu wuxuu keeni karaa dhibco caddaan ah ama guduudan oo xanuun leh oo afka ku sameysma oo ka dibna noqon kara kansar. Kuwa isticmaala tubaakada aan qiiqa lahayn waxay badanaa qabaan dhibaato ilko sida cirridka oo gadaal u durka iyo ilkaha oo bolola oo suus galo.

Faa'iidooyinka Joojinta Isticmaalka Sigaar Cabidda iyo Tubaakada

- Halistaada cudurka wadnaha iyo hawl gabidda maskaxdu (faalig) way yaraanayaan.
- Heerka neefsashadaada iyo tamartaadu way soo hagaagayaan.
- Halista aad kansar ugu jirto way yaraanaysaa.
- Waxaad noolaanaysaa waqti ka dheer kan dadka sii wada sigaar cabidda iyo tubaako cunidda.
- Haddii aad uur leedahay, waxaad fursad fiican u yeelanaysaa inaad dhasho ilmo caafimaad qaba.

- You will decrease the health risks of nonsmokers if you stop smoking.
- Your sense of smell and taste will improve.
- Your body, clothes, car and home will not smell of tobacco.
- You will save money.

Learning How to Quit

Talk to your doctor about quitting. Ask about classes and support groups. Get support and learn how to deal with stress. Talk with your doctor about medicines and other aids to help you quit. Call the National Network of Tobacco Cessation Quitlines at 1-800-784-8669 for help. Your call will be routed to your state's quitline.

Stopping tobacco use will improve your health and the health of those around you. It is hard to quit, but your health is worth it.

- Waxaad hoos u dhigi doontaa halista caafimaadka ee kuwa aan sigaarka cabbin haddii aad joojiso.
- Dareenkaaga urinta iyo dhadhamintu way soo hagaagayaan.
- Jidhkaaga, dharkaaga, baabuurkaaga iyo gurigaagu sidii tubaako uma soo uri doonaan.
- Waxaad kaydsan doontaa lacag.

Barashada Sida loo Joojiyo

Takhtarkaaga kala hadal joojinta. Weydii waxbarashada iyo kooxaha taageeridda. Taageero ka hel oo baro sida wax looga qabto diiqada. Takhtarkaaga kala hadal daawooyinka iyo kaalmooyinka kale ee kaa caawinaya joojinta. Wac Wada Shaqaynta Qaranka ee Khadka Joojinta Tubaakada ee 1-800-784-8669 si aad caawino u heshid. Wicitaankaaga waxaa lala xiriirin doonaa khadka joojinta gobolkaaga.

Joojinta isticmaalka tubaakadu waxay hagaajin doontaa caafimaadkaaga iyo caafimaadka kuwa hareereysan. Way adag tahay in la joojiyo, laakiin caafimaadkaaga ayaa u qalma inaad joojisa.

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