

# **THE TOBACCO ADDICTION CONTROL PROGRAM**

**Aydın Provincial Health Directorate**

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30 percent of all deaths worldwide is due to smoking. Life expectancy for smokers is 18 years less compared to that of non-smokers. 44% of the Turkish population are smokers. One person in every eight second dies in the world due to smoking. From this aspect, cigarette acts as a mass destruction weapon. One of every two smokers dies due to smoking. Even though they do not smoke, the number of people that die due to the passive smoking every year is approximately one million worldwide. Primary cause of lung cancer is smoking. Smoking plays very important roles in larynx, pancreas, kidney, esophagus and intra-oral cancers besides lung cancer. Lung cancer risk for smokers is twenty times the risk for non-smokers. The risk for passive smokers is 1.2 times the risk for non-smokers. For smokers, the risk for urinary bladder cancer increases 3-5 times, the risk for esophagus cancer increases ten times, the risk for larynx cancer increases sixteen times in smoking people. The risk for myocardial infarction increases 2.5 times for smoking people.

## **MATERIAL-METHOD:**

A protocol has been signed between the Aydın Provincial Health Directorate and the İzmir Provincial Health Directorate on December 02, 2005, in order to ensure protection against the harmful effects of tobacco. This protocol has been the common activity of two provinces against tobacco for the first time in Turkey. The Aydın-İzmir Collaboration Protocol was announced officially by Associate Prof. Dr. Oğuz Kılınc,

President of the İzmir Provincial Tobacco Control Board, at the Symposium of Tobacco Control, held in İstanbul on 3-4 December 2005. Tobacco Control Board of Aydın gathered on September 09, 2005 for the first time. It was decided to arrange training programs for the students, to establish no-smoke public institutions, to make programs against cigarettes in local media and to establish clinics to treat tobacco addiction. The hazards of smoking were explained to 1081 students in totally eight sessions. To be a pioneer in establishing no-smoke public institutions, Aydın Health directorate does not permit smoking in the Directorate building and in the garden. It was planned to open 5 polyclinics for quitting smoking, in Aydın State Hospital, Aydın 82<sup>nd</sup> Year State Hospital, Nazilli Tuberculosis Dispensary, Kuşadası Health Care Center No 1 and Söke Health Group Administration. The physicians and the nurses that were assigned to clinics for quitting smoking were trained by academicians coming from İzmir. Our teams received practical training in groups in İzmir. Our clinics began to serve actively on May 29, 2005. 1000 presentations were made to our clinics during a nine-month period. Of these, 490 are continuing interviews and controls. At present, 151 patients are not smoking. Since 70 of them have completed six months, we can state that they have quit smoking. Aydın was awarded the first place in Turkey by establishing the participation of 26024 individuals in the Stop-Gain 2006 campaign of the Ministry of Health. A committee was formed before the campaign to determine the strategies and run the campaign actively. Training meetings were organized in collaboration with the Governorship, Provincial District Governors, Municipalities and all official institutions. Campaign participation forms and posters were distributed to all public institutions. Posters and banners were hung to every visible location in the city and the districts. Stands were built. Public education was given in hospitals, public institutions, police departments, military corps, coffeehouses, factories and workshops in every occasion.

#### **FINDINGS and RESULTS:**

According to the data of the American Cancer Association, 87% of lung cancers develop due to smoking. Lung cancer is the cancer type with the highest mortality. On the other hand, it is a cancer type that can be avoided by primary prevention. The effective method in primary prevention is avoiding the agent. The fundamental aim in fighting with tobacco products should be the prevention of beginning smoking. Ensuring that school children and adolescents do not begin smoking by explaining the hazards and the effects of smoking in human body in detail should be the primary aim. The second aim should be helping nicotine

addicts to quit smoking. Currently, the impact of polyclinics to quit smoking is recognized worldwide. Many institutions which claim that their methods are successful in giving up smoking are selling these methods to people. Official institutions should aim to establish such clinics where people can present to quit smoking. Aydın Health Directorate has formed clinics to help quit smoking for this purpose.

