

Wereld niet roken dag:

**Het effect van roken op lichaam van top
tot teen, geest én omgeving
@Wdekanter**



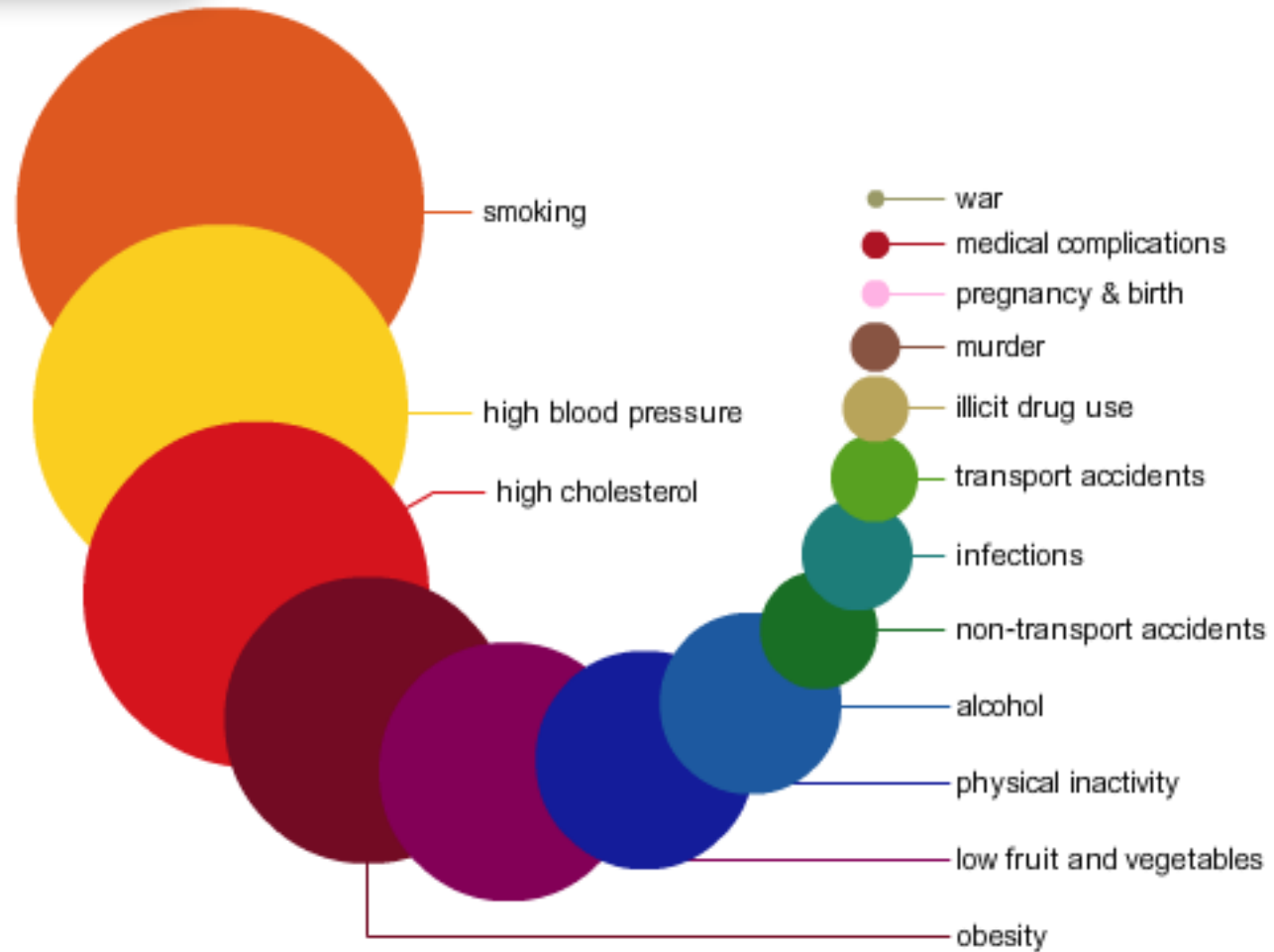
Ik heb vanmiddag vier uitslaggesprekken.

31-5 WNR dag

LEVEN

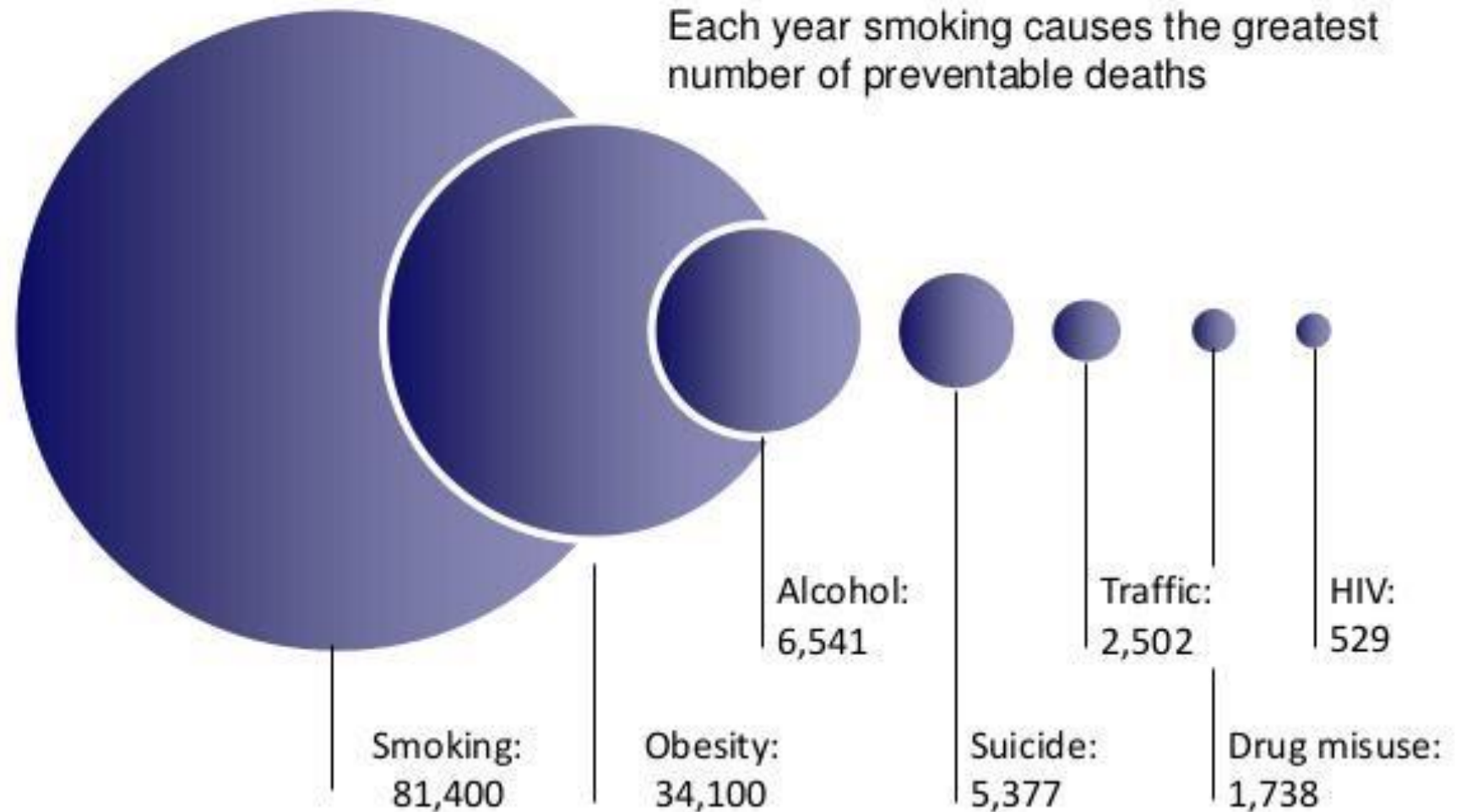
Risks leading to death in perspective

NHS Atlas of Risk



QOL

Loss of healthy life



ruim 3 miljoen rokers Nederland

2/3 sterft door roken

1 miljoen (1/4) voor het pensioen

- **Jaarlijks 20.000 tabaksdoden**
- **500 asbest- 613 verkeers- doden**

- **Mortality in relation to smoking: 50 years' observations on male British doctors Doll & Peto BMJ**
- **Smoking and Mortality – beyond established causes – Carter NEJM 2015**
- **21st Century Hazards of smoking and benefits of cessation in the United States- Prabhat Jha NEJM 2013**

Enkele cijfers



Middel	Gebruikers	Verslaafden	Doden
Tabak	3.500.000	2.500.000	19.420*
Alcohol	10.000.000	477.000	1.906*
Cannabis	800.000	70.000	0
Ecstasy	150.000	420	4**
Cocaine	130.000	26.857	40**
Amfetamine	45.000	6.700	4**
Heroïne	25.000	14.000	104**
GHB	Onbekend	3.160	7
Benzo's	1.900.000	600.000	?

* = 2017; ** = 2018

Bron: jellinek.nl / NDM 2019 Trimbos

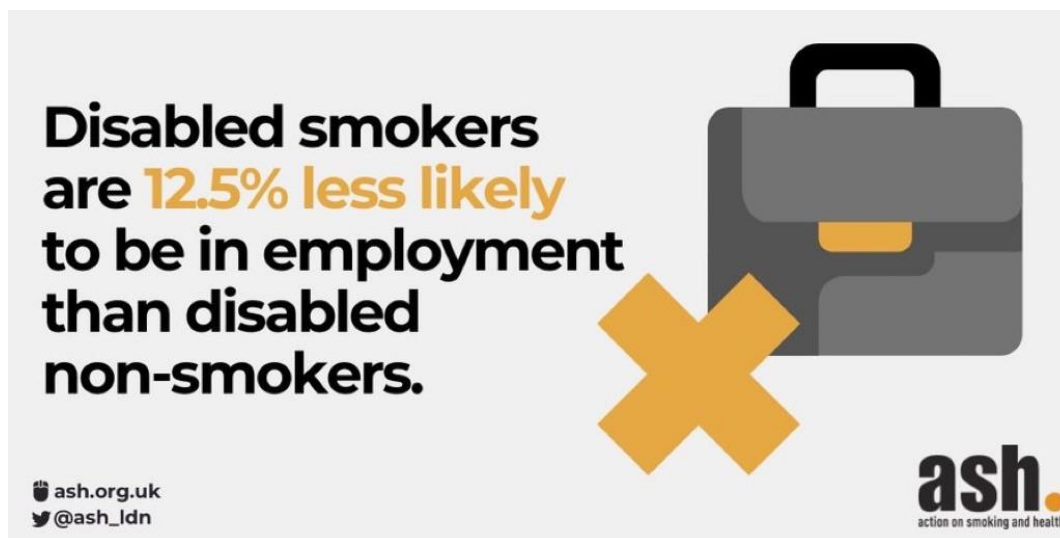
Acute Toxiciteit	Chronische Toxiciteit	Verslaving	Sociale Schade Individueel	Sociale Schade Bevolking
Heroïne	Tabak	Heroïne	Crack	Alcohol
Crack	Crack	Crack	Heroïne	Tabak
Metamf	Alcohol	Tabak	Alcohol	Crack
Alcohol	Metamf	Metamf	Tabak	Heroïne
Cocaine	Cocaine	Cocaine	Cocaine	Cocaine
GHB	Heroïne	Alcohol	Met amf	Cannabis
Amf	Amf	Amf	Amf	Benzo
Ketamine	Cannabis	Benzo	GHB	Amf
LSD	XTC	GHB	Cannabis	XTC
XTC	Khat	Cannabis	Benzo's	GHB
Benzo	Ketamine	Ketamine	XTC	Metamf
Paddo's	Benzo	Khat	Ketamine	Ketamine
Cannabis	GHB	XTC	LSD	Paddo's
Tabak	LSD	Paddo's	Paddo's	LSD
Khat	Paddo's	LSD ^{31-5 WNR dag}	Khat	Khat

ERNSTIGE VERSLAVING





Doodsoorzaak nr. 1 bij jonge Nederlanders: de sigaret OPEN



Zware rokers leven gemiddeld 13 jaar korter

Roken even schadelijk als alle andere “gewoonten” samen

**Vroegtijdige sterfte roken > obesitas +
hypertensie + weinig bewegen + alcoholgebruik
samen**

- EPIC cohort – IARC 2016 n= 264.906 35-70 jaar

[BMC Med.](#) 2016; 14: 87.
Published online 2016 Jun 14. doi: [10.1186/s12916-016-0630-6](https://doi.org/10.1186/s12916-016-0630-6)

PMCID: PMC4907105

**Modifiable causes of premature death in middle-age in Western Europe
results from the EPIC cohort study**

David C. Muller # Neil Murnhy # Mattias Johansson Pietro Ferrari Konstantinos K. Tsilidis Marie-Christine Boutron-

Milieu schade

- Ontbossing
- Pesticiden
- Triljard filters in de oceaan



‘Weet dat een peuk voor een groot deel uit plastic bestaat en dat er in Nederland ongeveer 10 miljard per jaar op straat belanden’

René Dronkers, team Peukenzee



Human Rights Watch: kinderarbeid

Indonesia: Child Tobacco Workers Suffer as Firms Profit



Print



MAKE GIFS AT GIFSOUP.COM



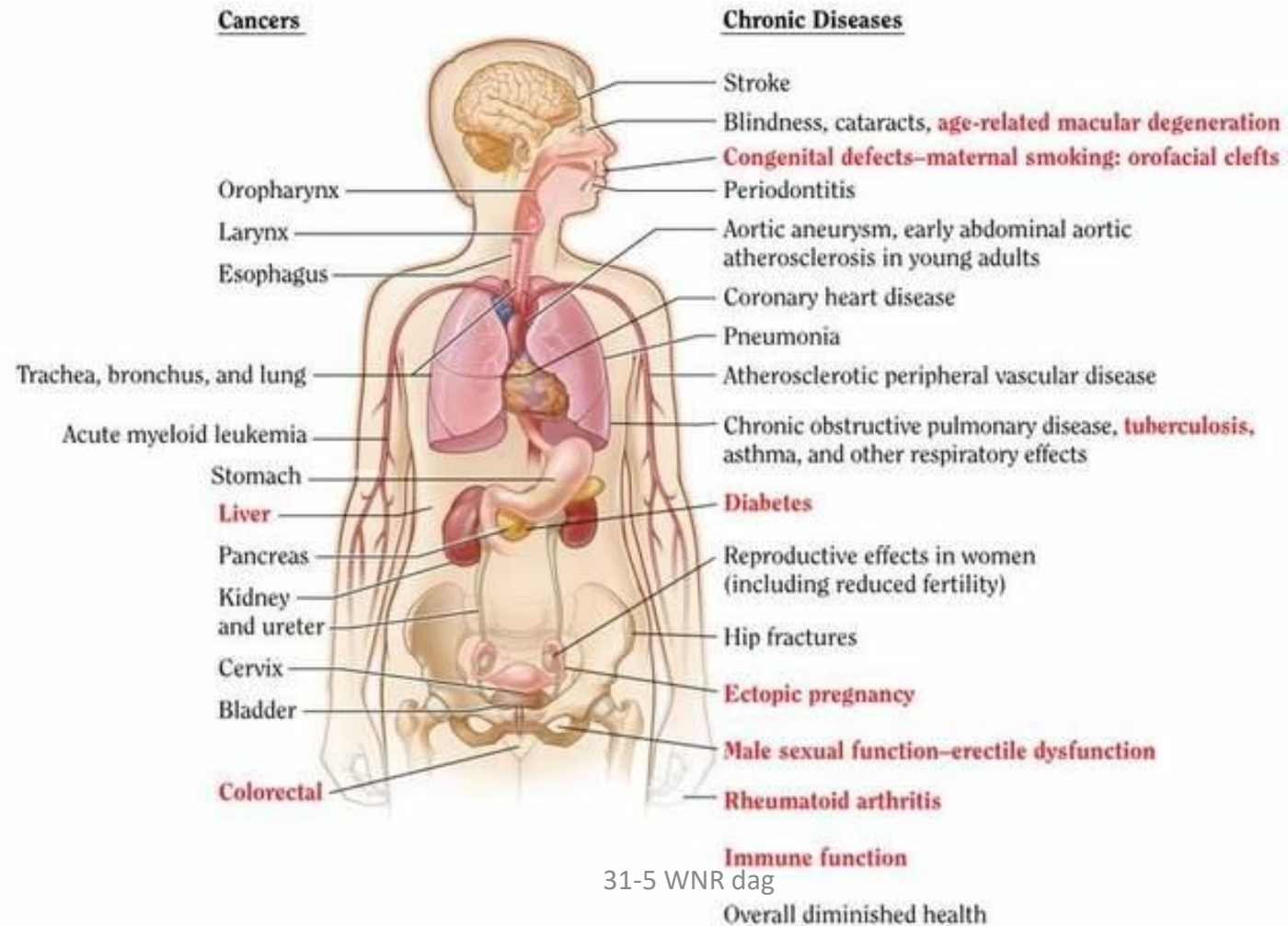
this was predicted by Brian at
www.BriansPrediction.com/correct



Help us continue to fight human rights abuses. Please give now to support our work >>

Surgeons General report 2014

Figure 1A The health consequences causally linked to smoking



Shocking impact of passive smoking on young children



14

Meeroken : WHO 2021

Tessa Roseboom

DE EERSTE 1000 DAGEN

Het fundamentele
belang van een
goed begin vanuit
biologisch, medisch
en maatschappelijk
perspectief

deTijdstroom

Health

Smoking during pregnancy doubles risk of sudden death for baby, study says

'Every cigarette counts,' lead stud...

By:

SANDEE LAMOTTE, CNN

Posted: Mar 11, 2019 12:00 AM CDT

31-5 WNR dag



More than
40%
of children
who go to the
emergency room
for asthma live
with smokers.



Asthma and Allergy
Foundation of America

aafa.org

DE OMGEVING
VAN DE MENS
IS DE MEDEMENS

J.A. Deelder

COVID-19

preys on lungs,

**while the tobacco industry
makes them more vulnerable.**

#TobaccoExposed



World Health
Organization

Bringing your hands to your mouth
can transfer the virus into your body

**Smoking can increase your
chances of getting COVID-19**

**Smoking damages
your lungs and other
parts of your body,
and may increase
your risk of getting
a severe case of
COVID-19**

**SMOKERS ARE
1.5X MORE
LIKELY TO GET
SEVERE
COVID-19**

UN INTERAGENCY
TASK FORCE ON NCDs



Derdehands rook (neerslag)

Cats can ingest tobacco particulates when grooming due to smoke settling on their fur



ash.org.uk
@ash_ldn

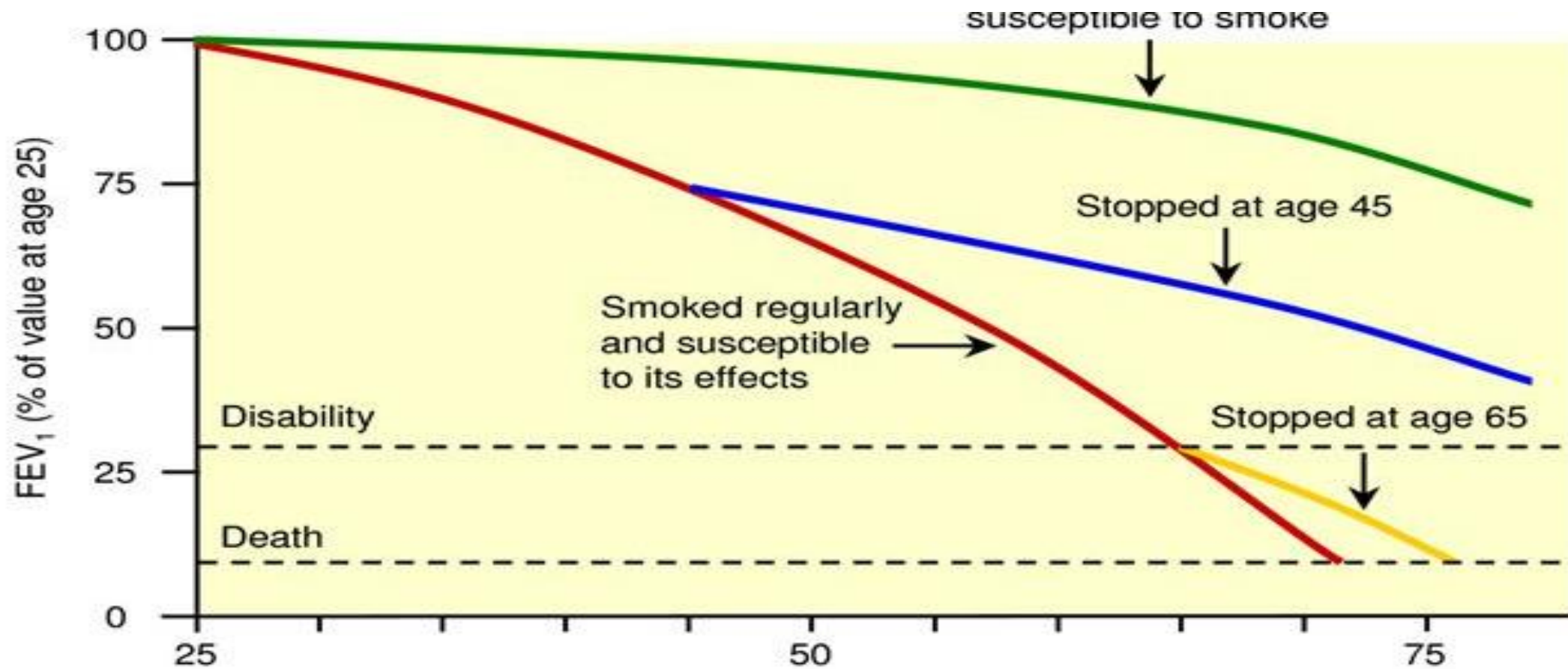
ash.
action on smoking and health

**CIGARETTE SMOKE CAN
CAUSE CANCER IN PETS**

#THEFACTSNOW



600.000 COPD : QOL, 20.000 opnames /jaar

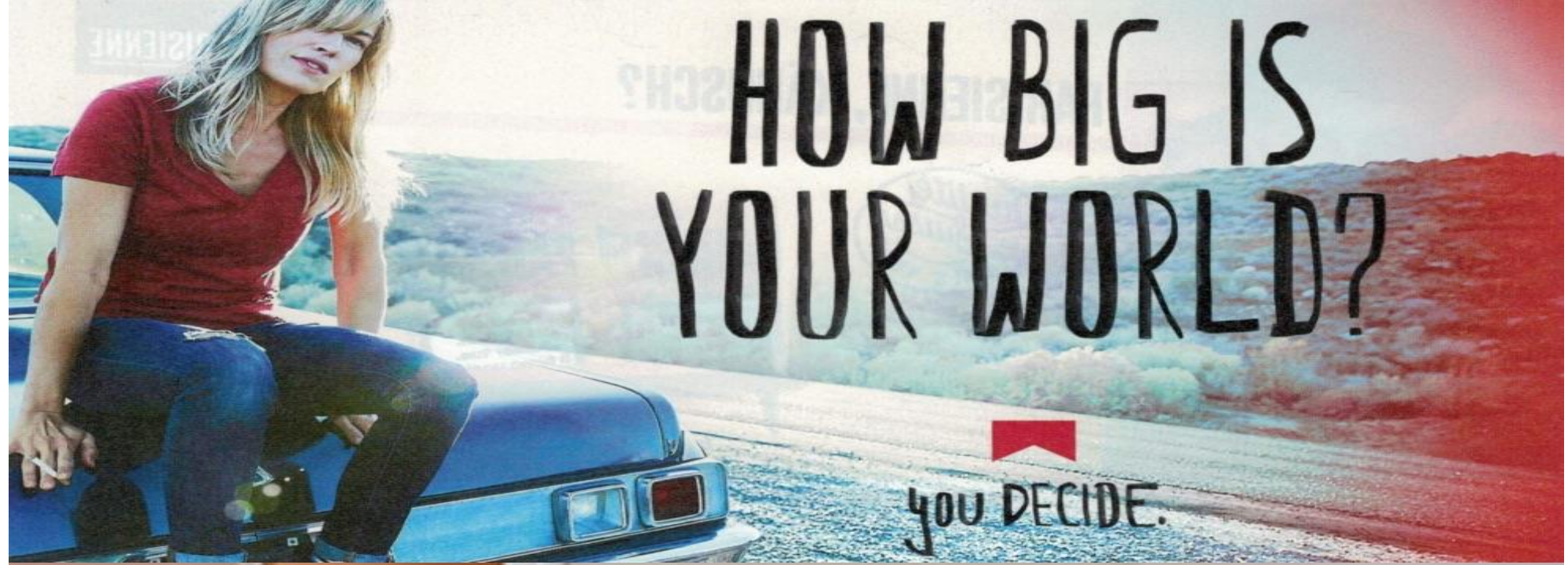




31-5 WNR dag

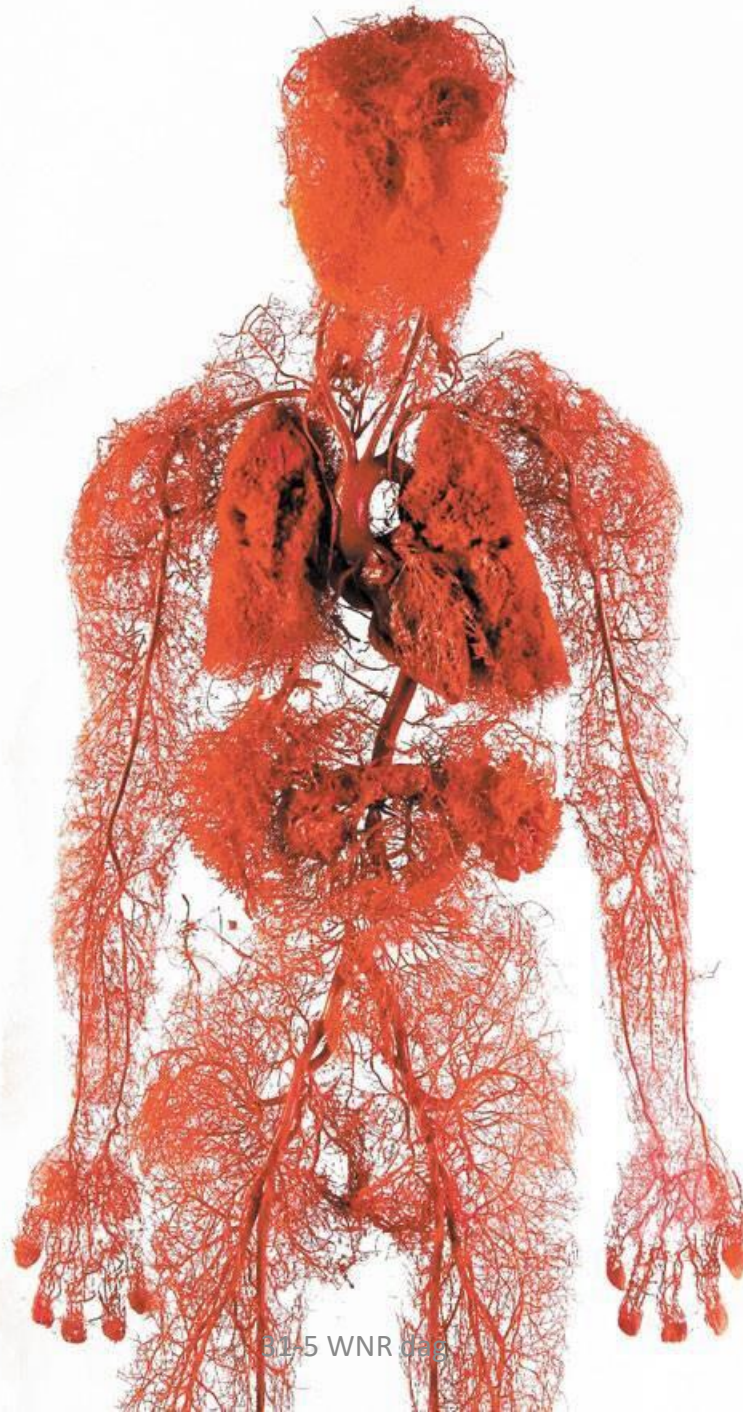
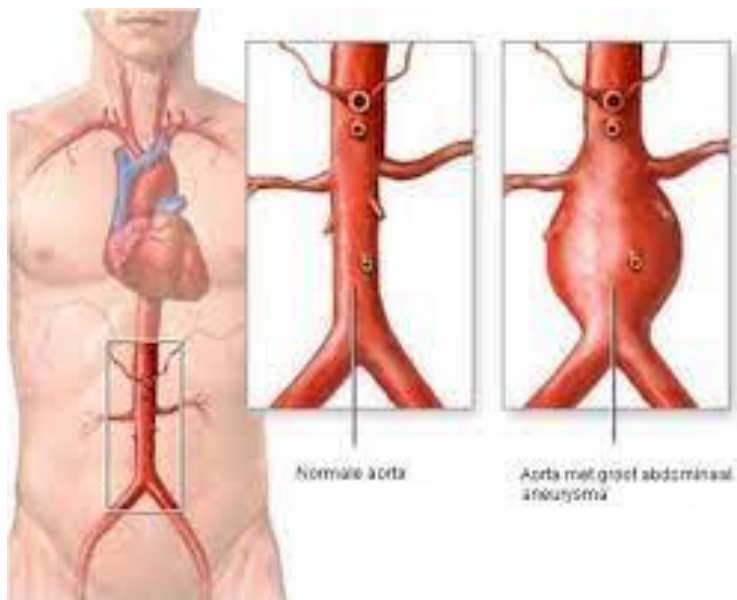
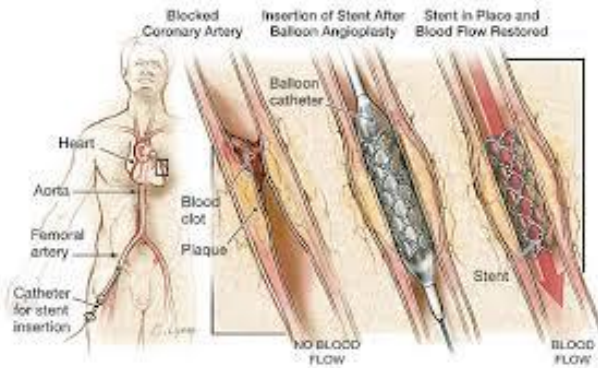


31-5 WNR dag



I have "decided".
See how big my
world is now.





Hemorrhagic Stroke



Hemorrhage/blood leaks into brain tissue

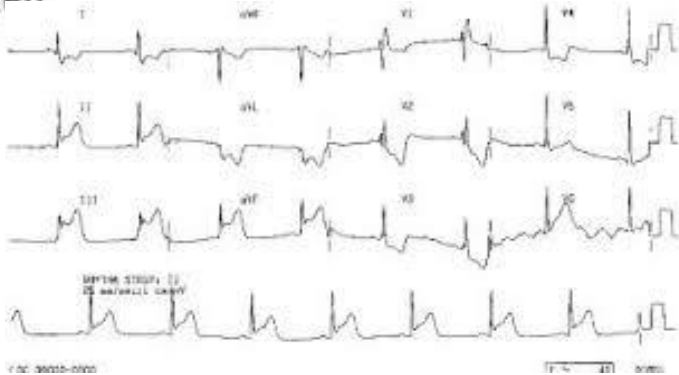
Ischemic Stroke



Clot stops blood supply to an area of the brain



Rf

Ziektebeeld		Vrouwen RR Jong - ouder	Mannen RR Jong - ouder
Coronaire hartziekten			
30-45 jaar		6,1 - 4,9	4,3 - 3,6
45-54 jaar		4,3 - 3,8	3,3 - 3,0
55-64 jaar		3,4 - 3,0	2,7 - 2,4
65-80 jaar		2,4 - 3,1	2,2 - 1,8
>80 jaar		1,8	1,6
Beroerte			
30-45 jaar		6,0 - 4,8	4,2 - 3,5
45-54 jaar		4,2 - 3,8	3,2 - 2,9

“ Essentially one in every two people that have an MI at a young age are tobacco smokers.

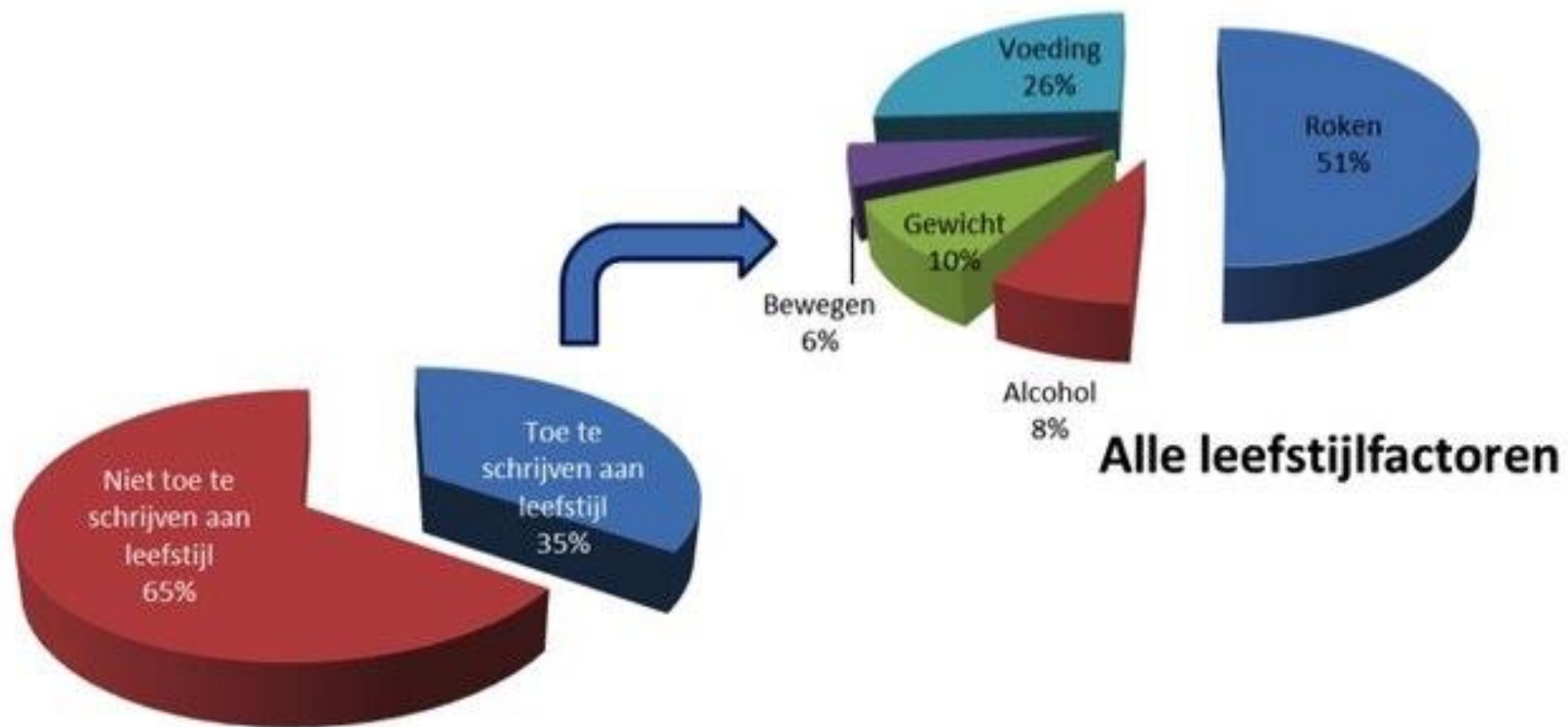
RON BLANKSTEIN

The risk of developing dementia is up to

70%

higher amongst those who smoke heavily.





Bijdrage van leefstijl aan kanker

Harvard moonshot: The Cancer cure isn't a miracle, it is p



The Cancer
Miracle Isn't a
Cure.



It's
Prevention.



***These 2
women want
to prevent
cancer as a
priority:
1. increase tax
tobacco !***

Stella Kyriakides Commissioner for Health and Food
Safety.

Human right advocate

Dr Ursula Gertrud von der Leyen: Head European
Commission, MD

Cochrane review roken in de psychiatrie 2021

- Roken sterk gerelateerd aan angst, depressie, eerste psychose, schizofrenie
- Dosis respons relatie
- Gemeenschappelijke kwetsbaarheid/ oorzaak- gevolg?
- *Na staken tabak : geen verslechtering, vaak verbetering van angst en depressie, afname stress*
- Geen enkele aanwijzing voor “zelfmedicatie effect”



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Cochrane Review finds stopping smoking linked to improved mental health





**Er is maar één
cynische conclusie
mogelijk: de financiële
belangen van de
tabaksindustrie
krijgen voorrang boven
de volksgezondheid**

- Irene van den Berg

Apartheid was "legal."
Slavery was "legal."
Colonialism was "legal."
Legality is a question of power,
not justice.



F*ck smoking



Instagram