

# Let's make every day 'No Tobacco Day'!



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*World No Tobacco Day, observed every year on 31 May highlights the ill effects of smoking and smokeless tobacco consumption. Every year around 14 lakh lives are lost because of tobacco consumption and the number is increasing day by day. Dr. Mihir Chitale, senior consulting cancer surgeon, specializing in Advanced Minimal Invasive cancer surgeries and robotic surgeries talks about the dangers of tobacco and need to resolve to quit such habits for a better and healthier future.*



People from all age groups get addicted to tobacco consumption which may be various forms like smoking, chewing tobacco, gutka, bidi, mishri used especially in rural areas, paan containing tobacco. The fact that addiction can start at an early age is making things worse with increasing cancer cases and affecting quality of life.

**Know the dangers of tobacco consumption**

These habits can directly or

indirectly cancers including Head and Neck, Lung, Oral, Throat, Kidney, Urinary bladder Cancer amongst others. Smoking is a risk factor for many other diseases like heart ailments, stroke, lung diseases, eye diseases etc. The dangers of tobacco are endless. Cigarettes for example have a large number of carcinogens which enter the body through smoke, then into the blood stream and thus into circulation affecting various organs of the body. Passive smoking also affects people standing near smokers. Tobacco can affect larynx (voice box) and oesophagus (food pipe) which requires removal of affected organ and replacement with newly formed stomach tube if not treated in time. Further it can also cause cancer of stomach, small intestine and large intestine. Chewing tobacco with limestone powder can erode that inner lining of oral cavity and tongue and cause oral cancers. So the trouble starts right in the mouth which is the entry point of tobacco consumption and then goes on to affect other major organs in some way or the other.



### Advancement in treatment methods helping patients

Advancement in medical science and treatment methods is helping patients survive and have a second chance for a tobacco free life. The key of course to all of this is early diagnosis and timely treatment. Modern techniques like robotic surgeries and minimal invasive surgeries help patients recover faster and get back to routine. Depending on the stage, type of cancer some patients are offered combination of treatments consisting of chemotherapy, radiation, surgery.

### Make a strong resolve and take the right steps !

Many youngsters today casually smoke, this can happen when their

peers or friends or many people around are smoking. Both men and women become addicted to this habit not realizing how much they are pushed towards health risks at an early stage and possible serious complications in their life. Therefore continuous and relentless awareness about ill effects of smoking is the need of the hour. For those who are addicted to this habit must make a resolve, a strong will to get out. Everything may not happen overnight, some may get out of the habit sooner than others, but definitive steps in that direction are a key. Once an individual makes a resolve, the next step is to take professional help from a doctor who will chalk out a plan and suggest. In early stages of de-addiction nicotine patches and chewing gums might be suggested. Quitting tobacco can significantly improve the quality of life and result in a better future.

### Prevention is better than cure

All said and done, the best way is to keep away from such habits. They say it takes 21 days to form or break a habit and 90 days to make it a lifestyle. So let's pledge for a 'No-

