

Tobacco use can cause cancer, affect lungs, fertility and heart

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Pune: A 48-year-old man, after a surgery for oral cancer, can hardly speak now. He has a 16-year-old daughter. His message to all those who consume tobacco in one or other forms is to stop the use immediately if they love their family. But this case is not very rare. Tobacco consumption in any form can not only cause cancer but also affects lungs, fertility and heart.

WORLD NO TOBACCO DAY

Tobacco causes cancer

Dr Snita Sinukumar, city-based consultant surgical oncologist, said over 90 per cent of oral cancer cases have precedent of tobacco use.

Dr Sinukumar's website www.cancerspecialistpune.com also highlights detailed information of various other types of cancers and modes of treatment.

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PREVENTION OF ORAL CANCER

- Oral cancer will remain a major health problem and the incidence will increase by 2020 and 2030. Early detection and prevention will reduce this burden.
- Oral cancer can be diagnosed earlier by self mouth examination, increase awareness in high-risk communities.
- Early detection has better curing rates and reduced treatment cost. In India, the incidence of oral cavity cancers, is still one of the highest in the world because tobacco products are easily available and the lack of awareness in the community.

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"Smoking includes use of cigarettes, bidi and hookah. These products are commercially available in sachets or packets. They are very popular among young adults, which can cause oral cancer at a young age. Bidi smokers are also at four times higher risk of developing oral cancer, compared to non-smokers," said Dr Sinukumar.

Dr Vikas Kothavade, senior consultant radiation Oncology at Jupiter Hospital, said tobacco also affects the digestive and the genitourinary systems.

Tobacco is not only responsible for oral cancer

1.5 MILLION DEATHS BY 2020

► Dr Sanjay Dudhat said according to the World Health Organisation (WHO), the tobacco deaths in India may exceed 1.5 million annually by 2020. He highlighted that Indian Council of Medical Research has conducted a study in India which states, 267 million tobacco consumers in India, of which 20 pc are cigarette smokers, 40 pc bidi smokers and 40 pc tobacco chewers. Over 2 lakh kids annually develop this habit. Over 10,00,000 deaths occur in India due to tobacco-related diseases.

but 40 types of cancer of different body parts. In India, cervical cancer is most common in rural population. It is found that Human Papilloma Viruses (HPV) causative agent of cervical cancer affects mainly women with tobacco addiction,

highlighted Dr Kothavade.

Affecting heart and lungs

Highlighting the adverse effect of tobacco on heart, Dr Ramakanta Panda, cardiovascular thoracic surgeon and Vice Chairman, Asian

Heart Institute, said the use of tobacco can lead to increases the chances of angina, a type of chest pain, a heart attack or a stroke.

"The lining of the blood vessels of the heart can be damaged through the chemicals in cigarette smoke, leading to inflammation and narrowing of the vessels. Indians need to be especially wary of smoking, as they genetically have smaller arteries as compared to their western counterparts. Smoking is also one of the major risk factors for multi-vessel coronary disease," cautioned Dr Panda.

Dr Santosh Kumar Dora, consultant cardiology and

electrophysiology. Asian Heart Institute, said women who take birth control pills and smoke cigarettes increase the risk of heart attack, stroke, and peripheral vascular disease greatly.

Effects on spine

Dr Neha Narula, senior spine specialist, QI Spine Clinic, said cigarette smoking reduces calcium absorption. "It also prevents new bone growth and slows down the spine's healing process. Coughing due to heavy smoking can also lead to increased intra-abdominal pressures, which may further add to back pain," said Dr Narula.