

## Health:

# Understanding the impact and implications of tobacco use







## Impacts of Tobacco

Despite the widespread awareness of its dangers, tobacco, used in various forms such as cigarettes, cigars, e-cigarettes, vapes, and shisha has profound and far-reaching impacts on health and society.

## Health Implications of Tobacco Use

Tobacco use is a leading cause of preventable death and diseases worldwide. The health implications are vast and include:



### CANCER

Major risk factor for various cancers, including lung, mouth, and throat cancer.



### CARDIOVASCULAR DISEASES

Increases the risk of heart disease, stroke, and peripheral artery disease.



### RESPIRATORY DISEASES

Chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis



### OTHER HEALTH EFFECTS

Tobacco use can lead to a range of other health problems, including diabetes, reproductive issues, and weakened immune function.



# Link Between Tobacco Use and Mental Wellness

The relationship between tobacco use and mental wellness is complex and multifaceted.



Research has shown that individuals with mental health conditions, such as depression and anxiety, are more likely to smoke and find it harder to quit. Nicotine, the addictive substance in tobacco, can temporarily alleviate symptoms of stress and anxiety, providing a short-term sense of relief.

Chronic tobacco use can contribute to the development or worsening of mental health disorders. The chemicals in tobacco affect brain chemistry and can alter mood-regulating neurotransmitters. Smokers often experience heightened levels of stress, irritability, and fatigue, which can further impact their overall mental well-being.

## The Economic Impact of Tobacco

The economic burden of tobacco use is substantial, affecting both individuals and society at large, which may be unseen. For example:

### Healthcare Costs



Treating tobacco-related illnesses places a significant strain on healthcare systems, leading to increased medical expenses and resource allocation.

### Lost Productivity



Smoking-related diseases result in reduced productivity due to illness, disability, frequent breaks, and premature death.

### Environmental Costs



Tobacco cultivation and production contribute to deforestation, soil degradation, and water pollution.

## How can MetLife Help

- **Educational Awareness:** In the form of webinars and newsletters to help you make informed decisions. For more information, please visit: [Your Guide to Holistic Wellbeing - Articles, Webinars & Expert Tips| MetLife UAE](#)
- **Counseling:** MetLife provides EAP support so you can seek help. For more information, please visit: [Your Guide to Holistic Wellbeing - Articles, Webinars & Expert Tips| MetLife UAE](#)



## Key Facts from WHO\*

- Tobacco kills up to **half of its users** who don't quit.
- Tobacco kills more than **8 million** people each year, including an estimated **1.3 million non-smokers** who are exposed to second-hand smoke.
- Around **80%** of the world's **1.3 billion** tobacco users live in low and middle-income countries.
- To address the tobacco epidemic, WHO Member States adopted the WHO Framework Convention on Tobacco Control (WHO FCTC) in 2003. Currently, 182 countries are Parties to this treaty.



\*Source: World Health Organization: [Tobacco](#)

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