

CREATION OF AN INFORMATION BOOKLET ON THE DANGERS OF
SECONDHAND SMOKE ON HUMAN HEALTH

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Annotation: Millions of children have to breathe tobacco smoke. In our country, 75% of children experience the harm of secondhand smoke. According to research, 80% of respondents smoke at home, of which more than 70% smoke in the presence of children. This fact testifies not only to the negative example shown in families, but also to the aggressive effects of secondhand smoke on human health. Tobacco smoke negatively affects the physical and mental development of a child, increases the number of diseases of the respiratory system and the middle ear. Such children are more likely to suffer from asthma and bronchitis. "Secondhand smoke of the fetus," according to the Committee of International Experts of the World Health Organization, causes sudden infant death syndrome. Smoking by a pregnant woman can lead to the risk of miscarriage, the birth of a child with serious illnesses, or the birth of a stillborn child.

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Passive smoking of electronic cigarettes The vapor of an electronic cigarette contains many harmful substances: diacetyl, benzene, nickel, lead, tin. In addition, e-cigarettes contain nicotine, which is addictive, regardless of the way it is consumed. Secondhand smoke of electronic cigarettes is also unsafe, especially for children. A child who inhales e-cigarette vapor can get a dose of harmful substances, nicotine addiction, as well as depressive and psychological disorders. The effect of novelty on the tobacco market, the positioning of e-cigarettes as a "healthy alternative" to tobacco is confusing. However, it must be remembered that electronic cigarettes are not significantly different from conventional ones. How to protect yourself from secondhand smoke? If you want to protect yourself and your family from cigarette smoke, you should consider the following facts: When smoking indoors or in a car, tar and toxic substances settle on household items and can poison the air for several months.; ventilation or smoking through a window or hood will not help protect people in the room from tobacco smoke.; Most of the smoke is invisible to the eyes, which is why it seems that smoking in a room with an open window is safe.; The respiratory and central nervous systems in children are more susceptible to toxins than in adults. Special filters and air purifiers must be used to clean the housing. There are a lot of them on the market. Here are the main ones: An ion air purifier is one of the most effective for combating pollution and tobacco smoke, as charged plates can attract particles up to 0.01 microns in size. a cleaner with a photocatalytic filter - the principle of operation of the device is based on catalysis, by which the room is cleared of tobacco smoke. purifier with a water filter - indoor air is purified by mixing indoor air with water.

The goal is to help reduce the prevalence of tobacco addiction, involve all segments of the population and doctors of all specialties in the fight against smoking, prevent tobacco smoking and inform society about the harmful effects of tobacco on health. Inhaling someone else's cigarette smoke is called passive or unintentional smoking. Secondhand smoke, or inhaling air polluted with tobacco smoke, contributes to the development of diseases peculiar to smokers in non-smokers. A non-smoker exhales "outside smoke" from a smoldering cigarette and "main smoke" inhaled and exhaled by a smoker. Tobacco smoke is the main source of indoor air pollution. It contains more than 400 chemicals, some of which are toxic substances, and about 60 of them contain components that can be classified as carcinogens (substances that cause cancer). Secondhand smoke is one of the causes of lung cancer in people who have never smoked. In women, the risk of developing lung cancer increases by 25%, in men by 30%. Research in the early 1990s revealed that coronary heart disease caused by secondhand smoke is the third leading cause of preventable death in the United States, second only to active smoking and alcohol abuse. Non-smokers living with smokers have a 30% increased risk of acquiring heart disease.

This effect may be explained by the fact that tobacco smoke causes blood clots, a phenomenon known as platelet aggregation. Recent studies have shown that even a half-hour presence of a non-smoker in a room polluted with tobacco smoke can be enough to damage the cells of the coronary arteries that feed the heart muscle. Passive smokers achieve health recovery only after two years of cessation of secondhand smoke. As a result of secondhand smoke, the risk of stroke in non-smokers increases to 80% among both men and women. Taking into account the fact that stroke is one of the most common causes of death, it can be concluded that secondhand smoke has a serious negative impact on the health of non-smokers. Secondhand smoke has a slow but significant effect on the respiratory tract of non-smoking adults, including increased cough, sputum production, chest pain, and decreased lung capacity. Adults who suffer from tobacco smoke pollution at home and at work have a 40-60% higher risk of asthma than those who are not exposed to secondhand smoke. Many people, being in a smoky room, experience discomfort associated with eye irritation, headache, cough, dizziness and nausea. These consequences, although they do not pose a threat to human life, negatively affect productivity at work and lead to strained relations between smokers and non-smokers. Thousands of non-smokers die every year as a result of the harmful effects of secondhand smoke. There is no safe level of exposure to second-hand smoke. Neither ventilation nor filters, even combined, can reduce indoor smoke exposure to levels that are considered acceptable. Only areas that are 100% smoke-free can provide effective protection. That is why war has been declared on smokers all over the civilized world. In dozens of countries, laws are being passed prohibiting smoking in public places: in bars, restaurants, cinemas, indoor sports facilities, healthcare organizations, educational and cultural organizations, in premises occupied by government authorities, workplaces and transport. Public opinion increasingly considers smoking to be bad form.

Nicotine itself does not cause significant harm, except for smoking during pregnancy. But for most people, smoking leads to the development of dependence on nicotine, so it should not be considered a bad habit, but a disease as dangerous as addiction to alcohol and drugs. The particular danger of nicotine addiction is that it prevents smokers from quitting tobacco use, which causes catastrophic harm to health. Smoking is an established type of youth behavior. In Europe as a whole, about 30% of young people aged 15-28 smoke, with a slight upward trend in recent years. According to estimates, 15,500 people, 15,000 men and 500 women, lose their lives as a result of this disease every year in the Republic of Belarus. At the same time, about 2,000 people die in road accidents every year. The average life expectancy loss of smoking Belarusians is 18 years for all ages, and 21 years for ages 35-69 years. Half of a person's health depends on the person himself, on the lifestyle he leads, and only the remaining 50% are related to hereditary factors, environmental conditions, and medical activities. A healthy lifestyle includes not only the rejection of health destroyers (bad habits); but also physical activity; rational nutrition; hardening, personal hygiene and, of course, positive emotions. Prolonged smoking leads not only to the fact that a person often gets sick, but his working capacity, attention and physical endurance decrease, memory, attention, hearing deteriorate, fatigue increases, and the number of mistakes increases. That is why smokers are often unable to achieve high results in life. They often have conflicts with those who do not smoke; moreover, they often become unattractive: the color of their teeth changes, their skin turns gray and yellow, and their eyes look dull.

Tobacco is the dried leaves of the shrubby plants *Nicotiana tabacum*. Tobacco is the most widespread, popular and affordable herbal drug in the world, having in its chemical composition one of the most poisonous plant alkaloids (nicotine). Different varieties of tobacco contain from 0.3 to 7% nicotine, which is produced in the roots of the plant, and from there it enters other parts, including the leaves. Despite the fact that tobacco did not grow everywhere in America, its cult spread throughout the continent. Among the Indians, tobacco was quoted as a currency. Tobacco was used for a wide variety of purposes: for magic; as medicine in the form of decoctions, ointments; to arouse aggression before a fight and calm down after a victory. History has preserved the name of the man who followed the example of the Indians and was the first to smoke a portion of tobacco. It was Columbus' moon, Luca de Torres. The next conqueror of America, E. Cortez, presented the taste of tobacco to the Spanish King Charles Y, who ordered it to be planted in his garden as an ornamental curiosity. Half a century after these events, the envoy of the French King Francis II turned out to be a certain Jean Nicot, who, having received an unknown plant as a bribe and appreciating its extraordinary qualities, sent some crushed leaves as a gift to Queen Catherine de' Medici in Paris. She was also interested in the weed, which she named after the donor – nicotine. By 1918, cigarette smoking had surpassed all other forms of tobacco use, including chewing tobacco. Currently, tobacco smoking occupies the first place among all addictions to various substances, in particular, narcotic drugs. According to

research, smoking is widespread in all countries of the world and it affects about 1.2 billion inhabitants of the planet (a significant contribution is made by China, where about 67% of men smoke). Smoking is especially prevalent in developing countries, where on average about 50% of men and 9% of women smoke. In developed countries, with the growth of emancipation, the proportion of women who smoke has increased to 22%, compared with 35% of men who smoke. The constant increase in smoking among minors is alarming: on average, about 25% of boys and 15% of girls smoke constantly, and in some countries, their number is comparable to adults. This prevalence of smoking makes it one of the most important problems of public health and society as a whole. Despite the apparent "ease" of smoking: "it's just a bad habit, it's not alcoholism and drug addiction," it's smoking, not drugs or alcohol, that causes the greatest damage to the health of society. In developed countries, men's tobacco use is responsible for 26.3% of all deaths, shortening their lives by 17.1 years. Moreover, on a global scale, the death rate from smoking exceeds alcohol by more than 2.5 times, also reducing the lives of all people more.

The individual risk of developing addiction is determined by the physiological (genetic predisposition) and psychological characteristics of a person (lack of positive adaptation strategies), the peculiarities of his social situation (influence from the environment) and life circumstances (high stress levels). Nicotine addiction is a multifactorial disease, and from the point of view of a biopsychosocial approach, biological, psychological (personal), and socio-cultural factors are involved in its development. At the same time, socio-cultural factors (family, environment, "myths about smoking", traditions of society, etc.) play the most important role. Smoking is a consequence of economic conditions, government policy, and cultural traditions. Unfortunately, it should be noted that smoking very often becomes a habit of poorly educated and low-income people. The liberal policy of the state regarding smoking and tobacco sales contributes to its widespread distribution in society.

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