



Know the Facts

Health



Vaping vs Smoking Make an informed decision

Know the Facts about Smoking

- Smoking is the leading cause of preventable death and serious diseases.
- Worldwide, tobacco use causes nearly 6 million deaths annually.
- Smokers die 10 years earlier than nonsmokers.
- WHO has estimated that tobacco use is responsible for the death of about 6 million people annually worldwide and 600,000 of them die from the effects of second-hand smoke.
- Hellenic Statistic Authority, found that the use of tobacco has decreased about 14.2% from 2009 to 2014.
- In 2014, close to 1 in every 7 adults in Greece were heavy smokers.

Know the facts about E- cigarettes and IQOS:

- Electronic cigarettes are battery-operated devices, where the inhaled aerosol contains nicotine, flavorings, and other chemicals. IQOS is designed to heat tobacco but not burn it.
- There in not yet have enough research to show potential harmful effects of the vaping mist or IQOS use.
- It is important to remember that nicotine in any form is a highly addictive drug.
- The vapor was found to contain known cancer-causing and harmful toxic chemicals.
- The liquid in e-cigarettes can cause nicotine poisoning if someone drinks, sniffs, or touches it.
- FDA's review found that use of IQOS contains lower levels of toxic chemicals than cigarettes, but could not say whether that translates into lower rates of tobacco-related disease.

DISEASES AND HEALTH PROBLEMS LINKED TO SMOKING

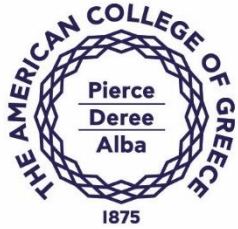


Can e-cigarettes help a person quit smoking?

- E-cigarettes are not approved from FDA as a save way to quit cigarettes, and there is no conclusive scientific evidence on the effectiveness of e-cigarettes for long-term smoking cessation.
- More research is needed to determine if e-cigarettes considered a more effective way to quit tobacco.
- Quitting tobacco-use completely is still the healthiest option, say health experts.

How to Build a Quit Plan

- Pick a quit date. (Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke)
- Circle your quit day on your calendar. Write it out somewhere where you will see it daily in order to have time to prepare.
- Let loved ones know you are quitting.
- Remove reminders of smoking. (cigarettes, matches, ashtrays, and lighters)
- Identify your reasons to quit smoking and remind it to yourself daily. (health, save money, keep family safe etc.)
- Identify your smoking triggers. (coffee, going out on a bar)
- Develop coping strategies. (Fight the addiction to nicotine. Medication, behavior changes)
- Have places you can turn to for help. (support group, or good friend, quite smoking apps).
- Set up Rewards for Quit Milestones (Reward yourself throughout your quit.



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	Men		Women	
	less than 20 cigarettes per day	20 or more cigarettes per day	less than 20 cigarettes per day	20 or more cigarettes per day
EU-28 (*)	13.5	8.4	11.7	3.4
Belgium (*)	10.8	7.7	9.9	5.4
Bulgaria	15.9	19.5	13.4	6.5
Czech Republic	17.3	9.8	13.1	2.4
Denmark	7.5	5.2	9.2	2.7
Germany	9.6	6.8	10.3	3.2
Estonia	18.1	13.7	12.7	2.3
Ireland
Greece	12.1	21.3	11.8	9.4
Spain	16.9	9.3	14.0	4.5
France	16.5	6.4	15.4	2.9
Croatia	11.4	17.4	13.9	6.6
Italy	13.3	8.3	10.5	3.0
Cyprus	16.9	20.4	9.6	4.4
Latvia	21.6	14.4	12.3	2.2
Lithuania	19.8	13.8	8.1	1.0
Luxembourg	9.2	6.4	8.4	3.6
Hungary	21.5	10.1	17.9	2.9
Malta	10.7	10.7	10.9	5.6
Netherlands	13.8	5.1	12.5	3.1
Austria	13.9	12.1	15.3	6.7
Poland	12.4	15.4	11.5	5.1
Portugal	12.9	9.8	8.1	2.6
Romania	23.3	8.9	7.0	1.2
Slovenia	10.5	10.2	12.2	3.4
Slovakia	21.6	8.4	13.8	1.8
Finland	12.7	0.0	10.5	0.0
Sweden	6.2	1.3	8.8	1.1
United Kingdom	10.0	4.4	10.3	2.8
Norway	9.9	2.8	10.8	1.5
Turkey	16.3	25.4	8.6	4.5

(*) Estimates.

(*) Data with low reliability.

- According to a survey published by the European Commission for World No Tobacco Day, in 2014, 5.9% of the population over 15 years of age consumed at least 20 cigarettes per day, and around 12.6% consumed less than 20.
- Heavy smokers made up the majority of daily smokers in Greece and also in Turkey, while in Sweden the share was 14% and in Finland all daily smokers consumed less than 20 cigarettes a day. Daily light smokers of cigarettes accounted for a fairly similar share of the total adult population in most of the EU Member States, ranging from 7.5% in Sweden, 8.3% in Denmark and 8.8 % in Luxembourg to 16.5% in Latvia, 17.6% in Slovakia and 19.6% in Hungary.
- Greece is the EU's heaviest-smoking country, 37% of Greeks are smokers.
- After Greece, France and Bulgaria were tied in second place, both with a 36% smoking rate, then Croatia at 35%.
- Sweden had the lowest rate at just 7%. It also found that overall in the EU, the smoking rate among 15- to 24-year-olds has gone up from 25% in 2014 to 29 percent this year.
- In terms of measures to stamp out smoking, 63% of those surveyed for the study said the use of electronic cigarettes should also be banned in places where smoking is prohibited.