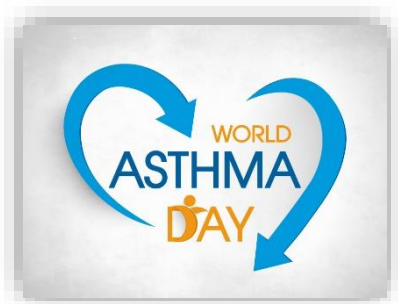




HEALTHLINE

Health News from PIMS

Inspiring Better Health



3rd May World Asthma Day

World Asthma Day is a big event celebrated all over the world by the people to increase the awareness among public worldwide about the precautions and preventions of the asthma.

[Read More](#)

5th May World Hand Hygiene Day

Good hand washing practices are essential for protecting yourself and other people from the germs, chemicals, and dirt that can accumulate on your hands throughout the day.

[Read More](#)



12th May International Nurses Day

International Nurses Day (IND) is celebrated every year all around the world on 12th of May to commemorate the birth anniversary of the Florence Nightingale and to mark the nurses contributions towards people's health.

[Read More](#)



17th May World Hypertension Day

Hypertension known as silent killer also known as high blood pressure is a long term medical condition in which the blood pressure in the arteries is persistently elevated. Usually high blood pressure does not cause any symptoms.

[Read More](#)



31st May World No Tobacco Day

Nicotine addiction is very bad for the health which is lethal and known as brain “wanting” disease which can never be cured however can be fully arrested. It binds the brain dopamine pathways just like other illegal drugs, meth, alcohol, heroin etc.

[Read More](#)



News to Use

Signs and Symptoms of Asthma

- Frequent cough, especially at night
- Losing your breath easily or shortness of breath
- Feeling very tired or weak when exercising
- Wheezing or coughing
- Feeling tired, easily upset, grouchy, or moody
- Trouble sleeping

Signs and Symptoms of Hypertension

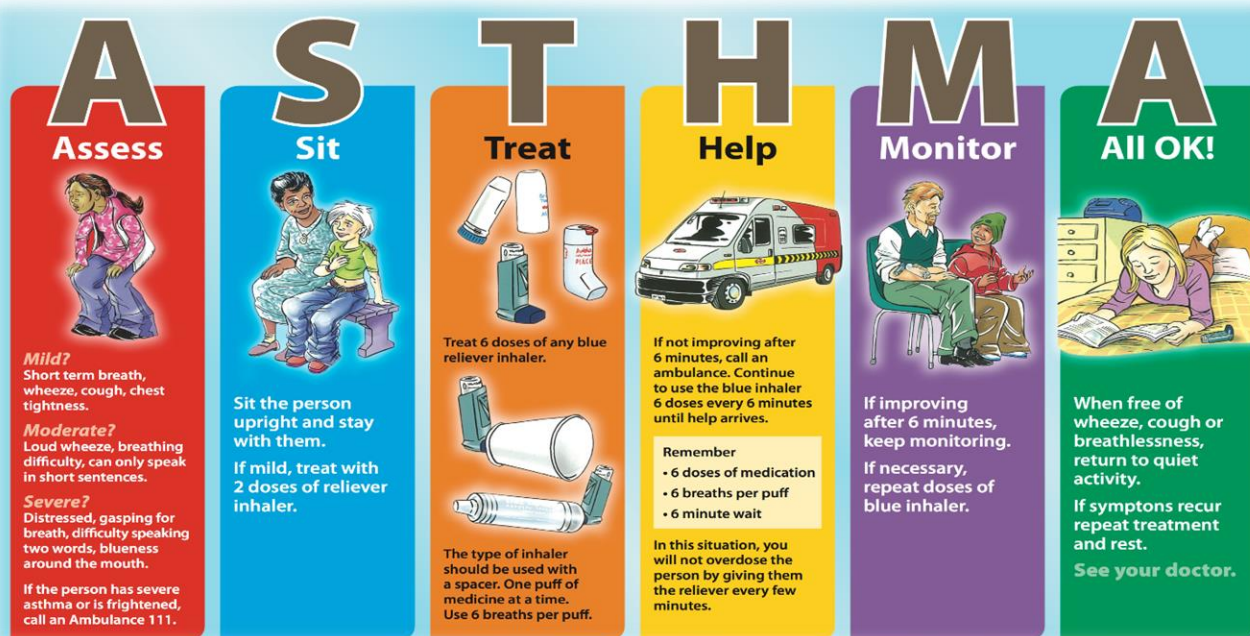
- Severe headache
- Fatigue or confusion
- Vision problems
- Difficulty breathing
- Irregular heartbeat

World Asthma Day

BRONCHIAL ASTHMA – CLINICIAN’S PERSPECTIVE

Bronchial asthma is a common, chronic inflammatory disease of the airways that affects people of all ages and imposes a substantial burden on patients, their families and the community. It causes respiratory symptoms that are interspersed with severe attacks, which can require urgent health care and may be fatal. The burden of asthma is immense, with more than 300 million individuals currently suffering from asthma worldwide, about a tenth of those living in India. The prevalence of asthma has been estimated to range 3-38% in children and 2-12% in adults, being the commonest chronic disorder among children. Controlling the current status of asthma all around the world is very necessary and it has become the responsibility of all the medical professionals and not just the patients. Asthma management requires collaborative efforts of the patients, asthma caregivers, health professionals, community health groups and other health care systems globally.

World Asthma Day is a big event celebrated all over the world by the people to increase the awareness among public worldwide about the precautions and preventions of the asthma. This event is annually organized on international level by the GINA (Global Initiative for Asthma) in order to increase the asthma awareness all around the world. It is celebrated on annual basis on 1st Tuesday of the month of the May.



Asthma can be diagnosed easily by the simple history taking in a proper manner by a trained chest physician. When we ask simple questions about timing and frequency of cough in the day and its change with the change of season, patient himself says that these particular symptoms were present since long, but they were never taken seriously. Bronchial asthma starts mostly in childhood with bouts of cough just after the simple outdoor or indoor physical activities and the cough takes minimum half an hour to settle itself or with cough syrups which parents generally give them for quick relief. This is termed as childhood asthma. If these particular and specific symptoms are not taken care of in childhood, the disease persists and it affects during change of season and sudden outbursts of emotions like excessive laugh or cry. Patients say that every time cough occurs, it takes minimum 15 to 20 days for it to settle, but they don't take it as

serious enough to consider it as a warning sign that they should visit pulmonologist for check up.

Spirometry is a simple tool to diagnose and monitor bronchial asthma. A simple hard and fast blow in a machine and it gives the results about healthiness of your lungs. It is a cheap and easily available test and every patient of asthma needs to be diagnosed with spirometry. Other is a Peak Flow Meter, a simple tool to be kept at home by every patient of bronchial asthma to monitor the disease on daily basis. If the variations in the values of lung capacity vary beyond a set limit, it is an alarming sign that the patient needs to visit the chest physician.

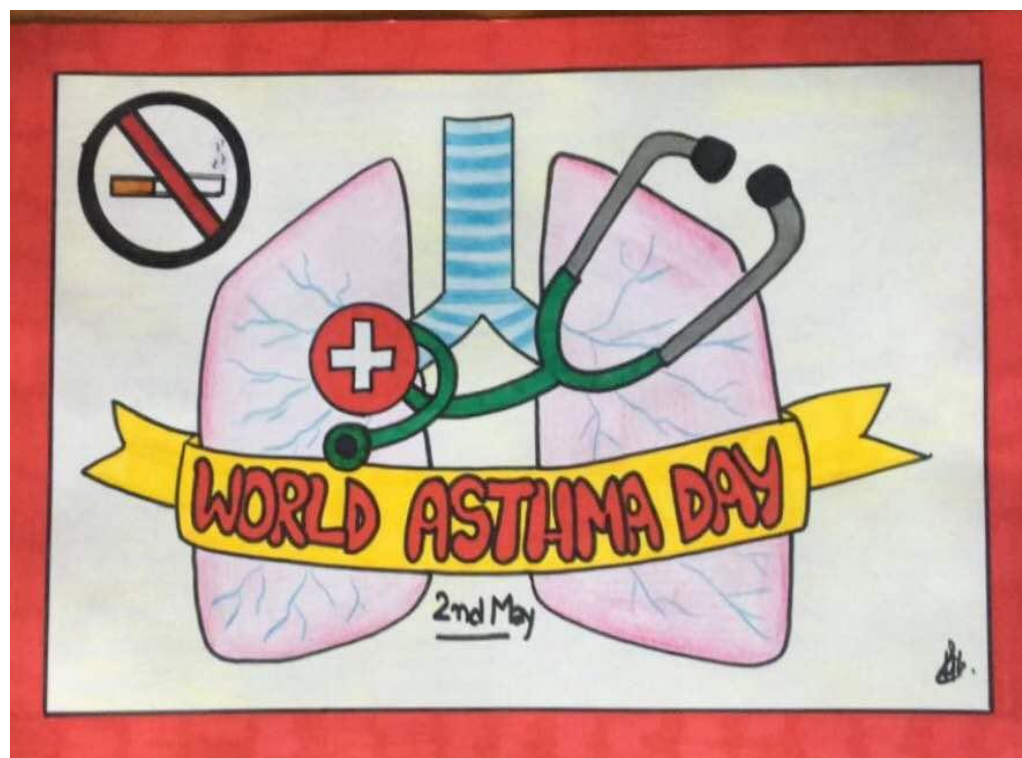
As far as the treatment is concerned, if you google it, you will get some common home remedies to novel fish therapy of Hyderabad varying from ayurveda to homeopathy. But if you want to control your disease and prevent further attacks, you need to follow allopathy. One, there is a lot of research going on in allopathy regarding the treatment of bronchial asthma and secondly, an attack of asthma can only be controlled with some injections and nebulizations not available in other therapies.

We have syrups, tablets, injections, nebulizer solutions and inhalers available with us in the armamentarium against this long term and chronic disease for which it has been said, “DAMA DUM KE SAATH JAATA HAI”. It is true that asthma can’t be cured but this does not mean it can’t be controlled and every patient of bronchial asthma on regular and adequate therapy can lead his life as healthy as others. Injections are useful only in an attack of bronchial asthma but if a patient is well maintained on inhalers therapy, the chances of attacks are very less and inhalers are considered the best therapy. RELIEVERS, some quickly acting drugs improve the symptoms quickly and CONTROLLERS, maintain the lung functions and prevent further attacks but has to be taken on the regular basis. If I explain this to you that why eye drops are preferred over tablets for pain in the eye, ear drops for ear ache and likewise the local acting agents for the lungs which act directly inside the lungs and doesn’t cause any side effects, u will get the answer of why inhalers are the backbone of asthma therapy. Then there is the most common fear of steroids, which every educated patient of asthma asks me in my clinic. So answer is steroids are life saving for many diseases and they don’t cause any side effects if taken for short term and with proper doctor’s advice. Patients should avoid some known triggers like dust, perfumes, colored food products, pets at home to prevent getting attack of asthma.

So, a common preventable and treatable disease should be adequately taken care of both by patients as well as treating physicians. The way we are concerned about our heart the moment we get left sided chest pain, we should take care of our lungs too if we get chronic cough or breathlessness. In this way I can say, “You can control your asthma”.



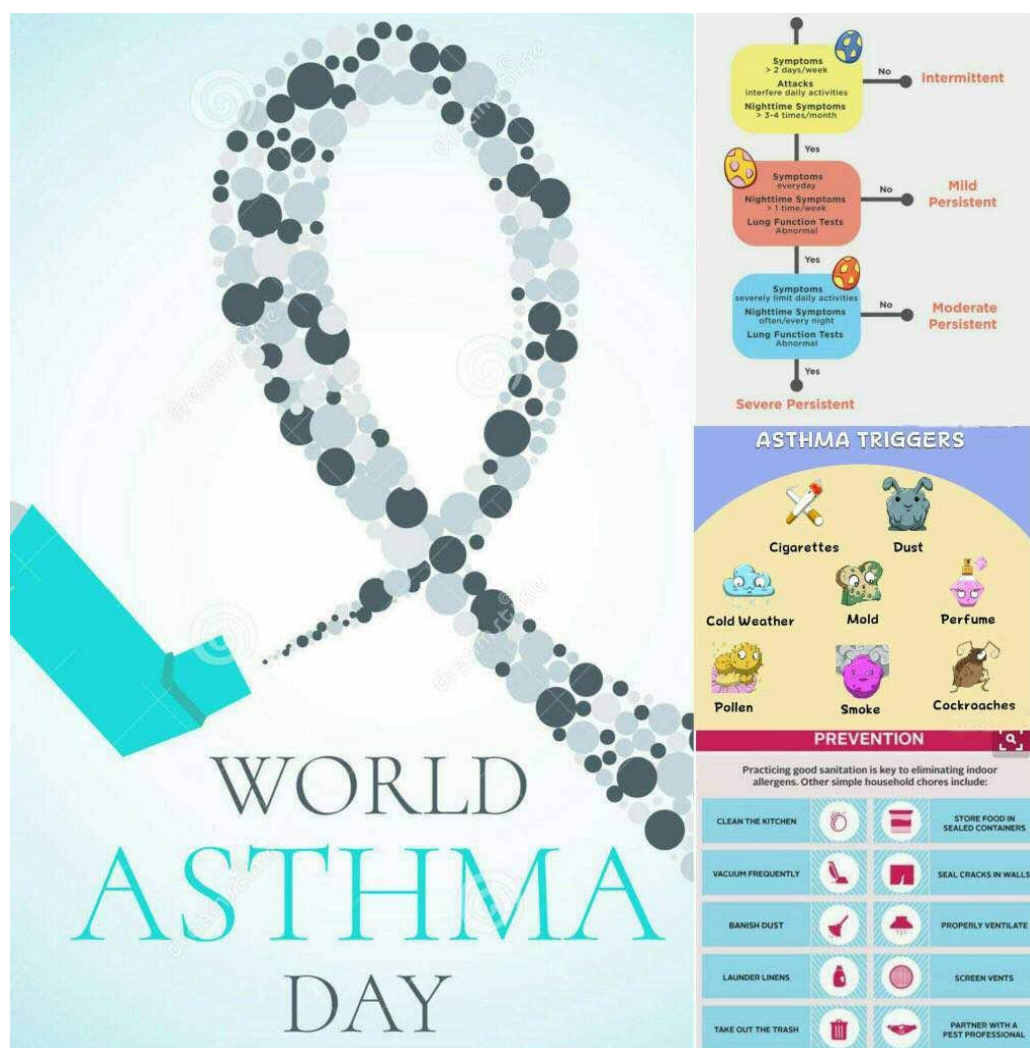
Dr. Vineet Mahajan
Associate Professor
Department of TB & Chest



Poster By



Harsimran
Batch 2015



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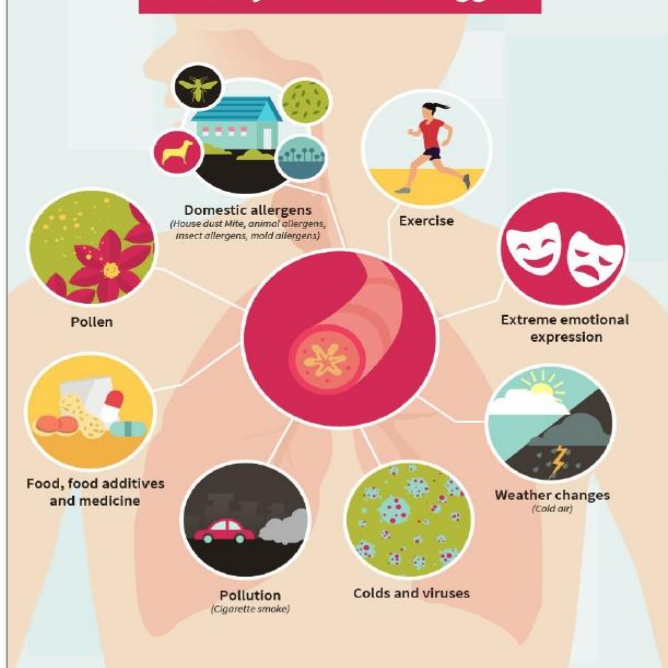
Dr. Nancy Kanda
Intern

Bronchial Asthma

Asthma is a **chronic inflammatory disease of the air passages**, characterized by recurrent attacks of breathlessness and wheezing, caused by the narrowing of airways, reducing the flow of air in and out of the lungs.

Substances or conditions called triggers cause airways in the lungs to become inflamed and swollen. These triggers vary from person to person.

What's your Asthma trigger?



Do you know how to recognise the symptoms of Asthma?



Frequently coughing



Feeling tired



Allergies



Wheezing



Asthma symptoms

Common cold



Chest pain



Trouble while sleeping



Shortness of breathe



ASTHMA DRUG THERAPY

RELIEVERS	CONTROLLERS	PREVENTERS
1. Short-acting β_2-agonists Advair [®] MDI / DPI-Haler [®] / Rivalizer [®] (Salmeterol) Berotec [®] MDI (Formoterol) Ventolin [®] MDI (Salbutamol) Ventolin [®] MDI / Accuhaler [®] (Salbutamol)	Long-acting β_2-agonists Foratec DP-Haler [®] / Rivalizer [®] (Formoterol) Oxis Turbuhaler [®] (Formoterol) Serenent [®] MDI / Accuhaler [®] (Salmeterol)	1. Inhaled Corticosteroids Alveco [®] MDI (Dexamethasone) Becotide HFA MDI (Beclomethasone) Budaflex DP-Haler [®] / Rivalizer [®] (Budesonide) Budaflex HFA Gentle-Haler [®] (Budesonide) Flutide [®] MDI / Accuhaler [®] (Fluticasone) Inflamm [®] MDI / Novolizer [®] (Budesonide) Pulmicort Turbuhaler [®] (Budesonide) QVAR [®] MDI (Beclomethasone)
2. Anticholinergics Atrovent [®] MDI (Ipratropium Bromide) Ipratropium MDI (Ipratropium Bromide) Spiriva Handihaler [®] (Tiotropium)	COMBINATIONS DP-Haler [®] / Rivalizer [®] (Budesonide + Formoterol) Serenent [®] MDI / Accuhaler [®] (Fluticasone + Salmeterol) Symbricor Turbuhaler [®] (Budesonide + Formoterol)	2. Leukotriene receptor antagonist Singulair [®] tablets (Montelukast)

A

Assess



Mild? Short term breath, wheeze, cough, chest tightness.
Moderate? Loud wheeze, breathing difficulty, can only speak in short sentences.
Severe? Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.
 If the person has severe asthma or is frightened, call an Ambulance 111.

S

Sit



Sit the person upright and stay with them.
 If mild, treat with 2 doses of reliever inhaler.

T

Treat



Treat 6 doses of any blue reliever inhaler.
 The type of inhaler should be used with a spacer. One puff of medicine at a time. Use 6 breaths per puff.

H

Help



If not improving after 6 minutes, call an ambulance. Continue to use the blue inhaler 6 doses every 6 minutes until help arrives.
Remember
 - 6 doses of medication
 - 6 breaths per puff
 - 6 minute wait
 In this situation, you will not overdose the person by giving them the reliever every few minutes.

M

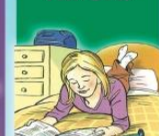
Monitor



If improving after 6 minutes, keep monitoring.
 If necessary, repeat doses of blue inhaler.

A

All OK!



When free of wheeze, cough or breathlessness, return to quiet activity.
 If symptoms recur repeat treatment and rest.
 See your doctor.

Dear Asthma,
 Please go away. I don't like you.
 We are not friends.
 From: The girl having a hard time breathing 😞😞



Poster Presented By



Dr. Vineet Mahajan
 Associate Professor
 Department of TB & Chest



Dr. Ashish Gupta
 Junior Resident
 Blood Bank

World Hand Hygiene Day

World hand hygiene day is celebrated worldwide on May 05, 2017. The day is declared by World Health Organization (WHO) to foster, support and raise the awareness of correct hand hygiene culture among healthcare workers along with patients and their relatives by following seven golden steps of hand hygiene. The term 'Hand hygiene' includes both hand washing with running water either with plain or anti-microbial soap or hand disinfection with alcohol based products to prevent the transmission of infectious agents and to fight against antibiotic resistant superbugs.



Goal of Hand hygiene

The aim of hand hygiene is to remove or decrease the colonization of transient flora by removing dirt, soil, and loose flora from the hand to avoid transmission among patients, visitors and health care workers in a health care setting.

Situations requiring Hand hygiene

- Following contact with own mucous membranes blowing nose, sneezing or coughing in hands
- Before and after using toilets/washrooms, smoking and eating
- Contaminated or visibly soiled skin with body substances
- Following contact with non-intact skin or in abnormal skin status like rashes
- Before and after patient care procedures
- Between different procedures on the same patient
- After touching inanimate objects that are likely to be contaminated like computer keyboards, telephone, bed rails, urinals, bed pans and medical record notes etc.
- Prior to food preparation, infant formula preparation, handling patient food or before feeding patients
- Before wearing and after removing personal protective equipment's like gloves, mask etc.

Depending upon the procedure to be performed, the clothing worn by health care worker must allow adequate and efficient cleaning of hands, forearm and arms. An overview of the main forms of hand hygiene is tabulated below:

TYPE	DURATION	SKIN CLEANING PRODUCT
Routine/Social	10-15 seconds	Non-antimicrobial liquid soap & water to remove transient micro-organisms
	10-15 sec until dry	Alcohol based hand rub, gel or foam. Rub vigour sly over all surfaces & allow product to completely dry without wiping
Procedural (Non-Surgical)	30-60 sec	Anti-microbial liquid soap & water, prior to invasive and aseptic procedures

	30 sec minimum	Alcohol based water free skin cleanser (must have a proven residual affect)
Surgical	5 mins prior to first operative procedure for the day, then 3 mins prior to subsequent operative procedures	Anti-microbial liquid soap and water

Things to consider

- The hands must be dried after washing as the residual moisture left on the hands may harbour bacteria. Paper towels or personal towels must be used to dry hands
- Alcohol based water –free skin cleansers must be allowed to dry appropriately by rubbing vigorously
- Gloves cannot be guaranteed to provide complete protection against contamination and does not eliminate the need for hand hygiene. The correct hand hygiene steps should be followed while donning and doffing the gloves or other PPE's
- In order to reduce the damage to skin because of drying that can occur with repeated hand cleansing, the soaps and skin cleansing solutions which are pH friendly to skin (pH 5.5-7) must be used
- Hand accessories like artificial finger nails, nail extenders and nail enhancements should be avoided while dealing in direct patient care. The natural fingernail tips should be less than 0.5cm long
- Patients and visitors/patient attendants should also be encouraged by the health care workers to perform hand hygiene when required



Advantage of following correct hand hygiene culture

- Develops a healthy and hygienic environment
- Reduces the risk of contracting infectious diseases among health care workers
- It avoids the cross transmission of pathogens among patients
- It protects the transfer of pathogens from health care workers to their family members
- Reduces the rate of occurrence of hospital acquired infections among patients and visitors



Mrs. Jaspreet Kaur Parmar
Quality Executive

HAND HYGIENE

Good hand washing practices are essential for protecting yourself and other people from the germs, chemicals, and dirt that can accumulate on your hands throughout the day. There are some situations where hand washing is necessary, but you may be able to use hand sanitizer if your hands are not visibly dirty. Either way, it is important to practice the proper technique to get your hands as clean as possible.

1. **Wash your hands when they are dirty.** You can wash your hands any time you think they might be dirty, but there are certain situations where washing your hands is essential. Some situations where you should definitely wash your hands include:
 - Caring for a wound.
 - Before and after eating or preparing food.
 - Caring for someone who is sick.
 - Changing a diaper or helping a child use the restroom.
 - After petting an animal, handling an animal, or handling an animal's waste.
 - After taking out the trash or picking up garbage.
 - After coughing or sneezing into your hands or blowing your nose.
 - Before inserting or removing contact lenses
2. **Get your hands wet.** Turn the water faucet on and hold your hands under warm or cold running water to wet them allow your hands to get wet all over.
 - Either cold or warm water is fine. The water does not have to be hot.
3. **Apply some soap.** Dispense a small amount of hand soap onto the palm of one of your hands and then begin rubbing your hands together to distribute the soap. Work the soap into a lather and use the soap to scrub both sides of your hands, in between your fingers, around and under your fingernails, and around your wrists.
 - You can use a liquid hand soap, a soap bar, or powdered soap. The soap does not have to be antibacterial
4. **Keep washing your hands for 20 seconds or more.** Try to keep track of how long you are washing your hands to ensure that you are washing them for the right amount of time.
 - 20 seconds is just about the time it takes to sing or hum "Happy Birthday" twice, so you may want to sing or hum this tune out loud or in your head to help time yourself.
5. **Rinse your hands thoroughly.** After you finish lathering and scrubbing your hands, place your hands under the running water again and allow the water to run over them. Rinse away all of the soap from your hands.
6. **Dry your hands with a clean towel.** After you have rinsed away all of the soap, get a clean dry towel to dry your hands or use an air drying unit to dry them. Dry your hands completely.
 - If you use an air drying unit, make sure to move your hands around and rub them together under the warm air to get them completely dry
7. **Use a towel to turn off the faucet.** If the water does not automatically shut off, then you may want to use a towel to turn off the faucet. Get a clean dry towel and place it over the faucet before turning off the faucet.
8. You can also use your elbow to turn off the faucet if a towel is not available.

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry



Dr. Ishita Tickoo
Junior Resident
Department of Anaesthesia

World International Nurses Day

“Nurses are the heartbeat of Healthcare”

NURSES DAY

International Nurses Day (IND) is celebrated every year all around the world on 12th of May to commemorate the birth anniversary of the Florence Nightingale and to mark the nurses contributions towards people's health.

INTERNATIONAL NURSES DAY 2017

International Nurses Day 2017 will be celebrated by the nurses all across the world on 12th of May, at Friday and that theme for 2017 is **“A voice to lead achieving the sustainable development goals”**.

INTERNATIONAL NURSES DAY HISTORY

Nurses Day was first proposed by the Dorothy Sutherland (an officer from the U.S. Department of Health, Education and Welfare) in the year 1953 and first proclaimed by the President Dwight D. Eisenhower. And it was first celebrated by the International Council of Nurses (ICN) in the year 1965.

In the month of January in 1974, the 12th of May was declared to be celebrated as the birthday anniversary of the founder of modern nursing, the Florence Nightingale. International Nurses Day Kit (having educational and public information materials to be used by the nurses among public) is prepared and distributed every year by the International Council of Nurses while celebrating the nurses day.

UNISON (the British public sector union) had asked the ICN in 1999 to celebrate this day on another date as Florence Nightingale is not symbolizing the modern nursing. Then, National Student Nurses' Day was started celebrating annually on 8th of May since 1998 and National Nurses Week was started celebrating every year from 6th of May to 12th of May since 2003. International Council of Nurses commemorates the International Nurses Day annually all around the world on 12th of May as the birth anniversary of the Florence Nightingale.. Nurses are encouraged at this day to comprehensively use this kit throughout the year through their individual and group activities.

Florence Nightingale (the foundational philosopher of the modern nursing) was born on 12th of May in 1820. International Council of Nurses established the day in 1974 to be celebrated every year to highlight the importance of nurses role in providing the best health care services. She became an important figure of the nursing since Crimean War during 1850s. She, stationed at the Barrack Hospital, Scutari, reformed the health care services and nursing and opened “the Nightingale School of Nursing” at the St. Thomas Hospital, London in 1860.

Promotional and educational activities are organized while celebrating the International Nurses Day annually to address lots of nursing issues. The theme of celebration is selected based on nurses and environment, handling poor, poverty issues and many more. It is celebrated as a week long event, referred as National Nurses Week, in many countries like Australia, United States, Canada and etc.

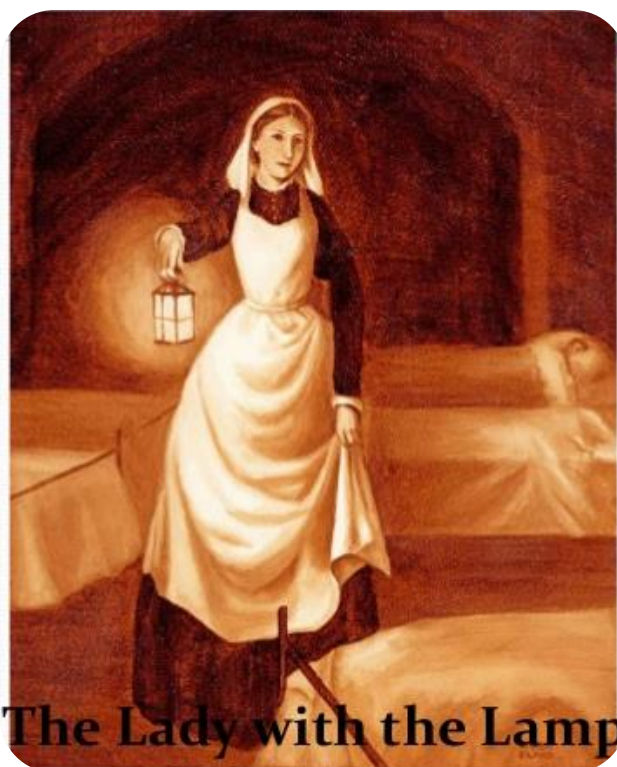
INTERNATIONAL NURSES DAY CELEBRATION

International Nurses Day is celebrated every year by organizing a candle lamp service in the Westminster Abbey, London. A candle lamp is handed over from one nurse to another

(symbolizing to pass the knowledge from one nurse to another) to place it on the High Altar. A big ceremony is also held at the St. Margaret's Church, the Florence Nightingale burial place, a day after her birthday.

It is celebrated for week long in the US and Canada as a National Nursing Week from 6th of May to 12th of May. Varieties of nursing ceremonies are conducted during the whole week celebration in the Australia. National Nurses Week is the whole week celebration targeting the health care services on international level. It is celebrated to recognize the contributions and commitments of the nurses among common public. American Nurses Association supports and encourages the celebration of National Nurses Week all through states and districts nurses associations including other health care companies and institutions.

Whole week celebration is planned to commemorate the nurses significant role in caring patients. Activities are held such as educational seminars, variety of community events, debates, competitions, discussions and etc. Nurses are appreciated and honoured at this day by distributing gifts, flowers, organizing dinners and etc by the friends, family members, co-workers (doctors, administrators, and patients).



SIGNIFICANCE OF INTERNATIONAL NURSES DAY

It is celebrated annually on 12th of May to celebrate the birth anniversary of the modern nursing founder, the Florence Nightingale. Nursing is the largest health care profession in the world and nurses are the key of achieving the Millennium Development Goals (MDG). Nurses are well trained and educated for maintaining the health and wellness of the patients through all the aspects like psychosocially, socially and etc.

Nurses have deep practical knowledge of delivering best health care services. National nurses associations (NNAs) play an important role in making nurses well informed, advised, encouraged and supported to deliver better work. NNAs works with the governments and non-government organizations to strengthen the health care systems as well as create conditions maximizing the nurses contribution.

International Council of Nurses celebrates this event aiming to increase the public awareness about the nursing and nurses contribution towards the health care innovation. Nurses are the fast and first point of contacting for health services. Nurses are innovatively practiced to provide free health checkup to the industries indicating their willingness of improving the health of staffs, to meet all the local needs, to improve the physical, mental and well-being of the patients and etc.



Brig. R. K. Sudan
Nursing Superintendent

World Hypertension Day

Hypertension known as silent killer also known as high blood pressure is a long term medical condition in which the blood pressure in the arteries is persistently elevated. Usually high blood pressure does not cause any symptoms. However long term blood pressure is a major risk factor for stroke, Coronary Artery disease, Heart failure, Peripheral vascular disease, Retinopathy and Chronic Kidney Disease.

Hypertension prevalence has been increasing in all countries. An estimated 972 million people in the world are suffering from this problem. In India also Hypertension is the most prevalent chronic disease and its prevalence ranges from 20-40 % in urban adults and 12-17 % among rural adults.

Majority of hypertensive subjects still remain undetected and the control of hypertension is also inadequate. Such patients present with coronary artery disease, Heart failure. So this calls for urgent prevention and control measures for hypertension.

Hypertension is classified as either Primary Hypertension or Secondary Hypertension. About 90-95 % of cases are Primary defined as high blood pressure due to lifestyle and genetic factors. Life style factors that increase the risk include excess salt intake, obesity, smoking and alcohol intake. The remaining 5-10 % of cases are categorized as secondary Hypertension which is due to an identifiable cause such as Chronic Kidney Disease, Renovascular Disease, Primary Hyperaldosteronism, Cushing Syndrome Pheochromocytoma, Coarctation of Aorta, Renal Artery Stenosis, Estrogen use in females, pregnancy and certain endocrine disorder like Hyperthyroidism, Acromegaly. NSAID overuse, Cocaine and Alcohol abuse.

Hypertension is defined as BP persistently above 140/ 90 mm Hg for adults Ambulatory BP Monitoring over a 24 hours period is more accurate than office readings. Elevated BP results in structural and functional changes in the vasculature. Most of adverse outcomes in Hypertension are associated with CVA. The excess morbidity and mortality related to Hypertension approximately doubles for each 6mm Hg increase in Diastolic blood pressure.

HYPERTENSION WORLDWIDE

Worldwide, 1 in 3 adults has high blood pressure—a condition that leads to heart attack and stroke.

Everyone can take **five concrete steps** to help prevent high blood pressure:

Healthy diet

Physical activity

Avoiding tobacco

Avoiding harmful use of alcohol

Managing stress in healthy ways

Life style changes and medications can lower blood pressure and decrease the risk of health complications. Life style changes include weight loss, decrease salt intake, physical exercise and a healthy diet rich in fruits and vegetables and low in saturated and total fats. All patients with high BP should be advised for weight reduction, reduced alcohol consumption, Smoking cessation. If lifestyle changes are not sufficient then blood pressure medications are used. Upto three medications can control blood pressure in 90% of people. So it becomes very essential to improve our lifestyles and take the anti-hypertensive medication life-long.



Dr. Kusum Bali
Assistant Professor
Department of General Medicine

World No Tobacco Day

Nicotine addiction is very bad for the health which is lethal and known as brain “wanting” disease which can never be cured however can be fully arrested. It binds the brain dopamine pathways just like other illegal drugs, meth, alcohol, heroin and etc. It prepares the brain to send false message about the need of nicotine to the body as necessary as other survival activities like eating and drinking food and liquids.

About 6 million people die from tobacco use every year, a figure that is predicted to grow to more than 8 million a year by 2030 without intensified action. Tobacco use is a threat to any person, regardless of gender, age, race, cultural or educational background. It brings suffering, disease, and death, impoverishing families and national economies.

Tobacco use costs national economies enormously through increased health-care costs and decreased productivity. It worsens health inequalities and exacerbates poverty, as the poorest people spend less on essentials such as food, education and health care.

Some 80% of premature deaths from tobacco occur in low- or middle-income countries, which face increased challenges to achieving their development goals.

Tobacco growing requires large amounts of pesticides and fertilizers, which can be toxic and pollute water supplies. Each year, tobacco growing uses 4.3 million hectares of land, resulting in global deforestation between 2% and 4%. Tobacco manufacturing also produces over 2 million tonnes of solid waste.



“World No Tobacco Day” is celebrated around the world every year on May 31. This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies and what people around the world can do to claim their right to health and healthy living and to protect future generations. The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes.

Every year it is marked all over the world highlighting the health and additional risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. It is celebrated intending to aware and encourage people to reduce or completely stop the tobacco consumption in any form all across the globe. The day celebration aims to draw public attention globally to spread the message of harmful effects of tobacco use as well as its complications to

others. Variety of global organizations involved in this campaign such as state governments, public health organizations and etc organizes various public awareness programmes locally.

The theme for World No Tobacco Day 2017 is "Tobacco – a threat to development". The campaign will: demonstrate the threats that the tobacco industry poses to the sustainable development of all countries, including the health and economic well-being of their citizens; and propose measures that governments and the public should take to promote health and development by confronting the global tobacco crisis.

Tobacco control can break the cycle of poverty, contribute to ending hunger, promote sustainable agriculture and economic growth, and combat climate change. Increasing taxes on tobacco products can also be used to finance universal health coverage and other development programs of the government.

It is not only governments who can step up tobacco control efforts: people can contribute on an individual level to making a sustainable, tobacco-free world. People can commit to never take up tobacco products. Those who do use tobacco can quit the habit, or seek help in doing so, which will in turn protect their health as well as people exposed to second-hand smoke, including children, other family members and friends. Money not spent on tobacco can be, in turn, used for other essential uses, including the purchase of healthy food, healthcare and education.

Let's pledge this year to make everyday world no tobacco day.



Dr. Bhuvan Sharma
Assistant Professor
Department of Community Medicine