

NO SMOKING - SINK YOUR TEETH INTO IT

As we approach the World No Tobacco Day on 31st May with heightened media reports, it is a sobering and grave thought that some 6 million people would have died as a result of smoking since last year. Of these 600,000 people would have died due to complications from secondary smoke inhalation. This compounding annual death roll is more than all human losses suffered from nuclear bombs, world wars, diseases and natural disasters, yet smoking is a preventable disease.



SANHA has expounded extensively on abstention and reasons why smoking is forbidden or detested and undesirable for human beings from the health, Islamic and other religious points of view with Scriptural references previously. (Click below to view previous article).

* <http://www.sanha.org.za/flashnews/flashn37.html>

* <http://www.sanha.org.za/flashnews/flashn38.html>

* <http://www.sanha.org.za/flashnews/flashn41.html>

* <http://www.sanha.org.za/flashnews/flashn75.html>

This year we are highlighting an aspect that tends to get overlooked i.e. all forms of tobacco carry and increased risk of oral cancer and gum disease. In fact, smokers are six times more likely to get oral cancer than non-smokers. Apart from superficial signs of bad health, gum disease aggravates chronic health issues.

Crawford Bain, Professor of Periodontology at the Dubai School of Dental Medicine. explained that: ***“Smoking greatly reduces the blood flow to the mouth, creating a low oxygen environment in the gum tissue, which attracts the most damaging bacteria in plaque [anaerobic***

organisms]. The products of these bacteria combine with a reduced response of the body’s white blood cells (also caused by smoking) to accelerate bone loss, and eventual tooth loss. This reduced blood supply and compromised immune response is similar to diabetes, another major risk factor for gum disease.”

Even more damaging according to the Professor was that several major diseases are worsened if the patient also has gum disease. Most notably, diabetes has a bi-directional relationship with periodontal disease. The higher the blood sugar level, the more likely the patient is to have periodontal bone loss. Research has shown that controlling a patient’s gum disease will bring down blood sugar levels and could potentially prevent a pre-diabetic from becoming a diabetic.

Diabetics with gum disease are also at greater risk of chronic kidney disease. There is also growing evidence that the presence of gum disease is likely to increase the risk of adverse pregnancy outcomes. Professor Bain concluded that ***“the key to long term disease control is a combination of keeping away from cigarettes and a thorough professional cleaning with a well-trained dental hygienist every three months”***

USEFUL TIPS TO HELP YOU HELP YOURSELF

1. Take a calm look at the facts on smoking, the costs and its harmful effects on your body. Use our cost calculator to work out how long it would take you to reward yourself with an Umra trip from freeing yourself from the slavery of smoking. <http://www.sanha.org.za/ebull/cigcalc.html>
2. If possible rope in family and friends who also want to quit so that you can support each other.
3. Do not hesitate to seek help from your Doctor or Imam who by training and inclination will support you.
4. Change your lifestyle with exercise, a new hobby and frequenting the Masjid daily.
5. Download or write for your free copy of the booklet ***“Kicking the Habit”*** by the late Moulana Yunus Patel Saheb RA whose discourses helped thousands in improving their lives. <http://www.sanha.org.za/ebull/Kicking-the-Habit.pdf>

Whether it is for the sake of sanity or vanity or both, give up smoking today - your life depends on it.