

<p></p> <p> <p class="MsoNormal" style="text-align: center;" align="center">ZIUA MONDIALA F?R? TUTUN</p> <p class="MsoNormal" style="text-align: center;" align="center">31 Mai 2017</p> <p class="MsoNormal" style="text-align: center;" align="center"> </p> <p class="MsoNormal" style="text-align: center;" align="center"><em style="mso-bidi-font-style: normal;">◆Ajuta-ma sa cresc sanatos<strong style="mso-bidi-font-weight: normal;"><em style="mso-bidi-font-style: normal;">◆</p> <p class="MsoNormal" style="text-align: center;" align="center"><strong style="mso-bidi-font-weight: normal;"> </p> <p class="MsoNormal"> </p> <p class="MsoNormal">Fumatul, risc major pentru s?n?tate, este asociat cu:<strong style="mso-bidi-font-weight: normal;"> <strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"><strong style="mso-bidi-font-weight: normal;"> </p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l1 level1 lfo1; tab-stops: list .5in;">l"> 30% din decese prin cancer<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l1 level1 lfo1; tab-stops: list .5in;">l"> 90% din decese prin cancer pulmonar<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l1 level1 lfo1; tab-stops: list .5in;">l"> 25% din decese prin boli coronariene<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l1 level1 lfo1; tab-stops: list .5in;">l"> 25% din decese prin boli coronariene<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l1 level1 lfo1; tab-stops: list .5in;">l"> 25% din decese prin boli coronariene<strong style="mso-bidi-font-weight: normal;"></p>

7.0pt "Times New Roman";"> 85% din decesele prin boli pulmonare cronice obstructive<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l1 level1 lfo1; tab-stops: list .5in;">l 25% din decesele prin boli cerebrovasculare<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"></p> <p class="MsoNormal">Efectele fumatului pasiv asupra sanatatii copiilor</p> <p class="MsoNormal" style="margin-left: .5in;"> </p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l3 level1 lfo2; tab-stops: list .5in;">◆ Bron?iolit?<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l3 level1 lfo2; tab-stops: list .5in;">◆ Bron?it? cataral?<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l3 level1 lfo2; tab-stops: list .5in;">◆ Astm<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l3 level1 lfo2; tab-stops: list .5in;">◆ Pneumonie<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l3 level1 lfo2; tab-stops: list .5in;">◆ <span style="font-size: 14.0pt;

mso-ansi-language: VI;" lang="VI">
Bronhopneumonia<strong style="mso-bidi-font-weight:
normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in;
mso-list: l3 level1 lfo2; tab-stops: list .5in;"><span style="font-size: 14.0pt; font-family:
"Arial";"sans-serif"; mso-fareast-font-family: Arial; mso-ansi-language:
EN-US;">◆<span style="font: 7.0pt "Times New
Roman";"> <span style="font-size: 14.0pt;
mso-ansi-language: VI;" lang="VI">
Otit?<strong style="mso-bidi-font-weight: normal;"></p> <p
class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l3 level1 lfo2; tab-stops:
list .5in;"><span style="font-size: 14.0pt; font-family: "Arial";"sans-serif";
mso-fareast-font-family: Arial; mso-ansi-language: EN-US;"><span style="mso-list:
Ignore;">◆
<span style="font-size: 14.0pt; mso-ansi-language: VI;"
lang="VI"> Amigdalit?<strong
style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left:
.5in; text-indent: -.25in; mso-list: l3 level1 lfo2; tab-stops: list .5in;"><span style="font-size:
14.0pt; font-family: "Arial";"sans-serif"; mso-fareast-font-family: Arial;
mso-ansi-language: EN-US;">◆<span style="font: 7.0pt
"Times New Roman";"> <span style="font-size:
14.0pt; mso-ansi-language: VI;" lang="VI">
Sinuzit?<strong style="mso-bidi-font-weight: normal;"></p>
<p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l3 level1 lfo2;
tab-stops: list .5in;"><span style="font-size: 14.0pt; font-family:
"Arial";"sans-serif"; mso-fareast-font-family: Arial; mso-ansi-language:
EN-US;">◆<span style="font: 7.0pt "Times New
Roman";"> <span style="font-size: 14.0pt;
mso-ansi-language: VI;" lang="VI"> Sc?derea
capacit?ii respiratorii<strong style="mso-bidi-font-weight:
normal;"></p> <p class="MsoNormal"><span style="font-size: 14.0pt;
mso-ansi-language: EN-US;"> </p> <p class="MsoNormal"><span
style="font-size: 14.0pt; color: red; mso-ansi-language: RO;" lang="RO">?igara ◆
compozi?i<span style="font-size: 14.0pt; color: red;"
lang="EN-GB">e<span style="font-size: 14.0pt; color: red;
mso-ansi-language: RO;" lang="RO"> chimic?</p> <p
class="MsoNormal"><span style="font-size: 14.0pt; mso-ansi-language: RO;"
lang="RO"> </p> <p class="MsoNormal" style="margin-left: .5in; text-indent:
-.25in; mso-list: l8 level1 lfo3; tab-stops: list .5in;"><span style="font-size: 14.0pt;
mso-ansi-language: EN-US;">◆<span style="font: 7.0pt
"Times New Roman";"> <span style="font-size:
14.0pt; mso-ansi-language: RO;" lang="RO">?ig?rile con?in mai mult de 4000 de
<strong style="mso-bidi-font-weight: normal;"></p> <p
class="MsoNormal"><span style="font-size: 14.0pt; mso-ansi-language:
EN-US;"> <span
style="font-size: 14.0pt; mso-ansi-language: RO;" lang="RO">substan?e chimice
diferite<span style="font-size: 14.0pt;"

lang="EN-GB">.

250 din acestea sunt toxic e

Se ?tie c? cel pu?in

50

dintre acestea

produc cancer.

FUMATUL - Factori de risc

FUMATUL - Factori de risc

? a adolescen?ilor

Opinia prietenilor

style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l0 level1 lfo5; tab-stops: list .5in;">◆ Atitudini ?i comportamente familiale permissive fa?? de consumul de tutun<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l4 level1 lfo6; tab-stops: list .5in;">◆ Disponibilitatea produselor din tutun<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l4 level1 lfo6; tab-stops: list .5in;">◆ Nevoia de noi experien?e ?i emo?ii<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l4 level1 lfo6; tab-stops: list .5in;">◆ Insecuritatea/Agresiunea/Stim? de sine sc?zut?<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l4 level1 lfo6; tab-stops: list .5in;">◆ E?ecul ?colar<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l4 level1 lfo6; tab-stops: list .5in;">◆ Asociere cu grupuri care manifest? un

comportament deviant

FUMATUL - Factori de protec?ie

Canalizarea curiozit?ii prin informare cu privire la riscurile asociate consumului de tutun

Promovarea educa?iei prin valori ?i atitudini care denot? respect ?i responsabilitate pentru s?n?tatea proprie

Accesibilitatea sc?zut? a tutunului ?i mediile sociale frecventate de tineri

liber

lang="VI"> Mediu familial armonios<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l6 level1 lfo7; tab-stops: list .5in;">◆ Convingerea c? un consum de tutun nu este tolerat<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l6 level1 lfo7; tab-stops: list .5in;">◆ Programe de prevenire <strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"></p> <p class="MsoNormal">Avantajele renuntarii la fumat<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"></p> <p class="MsoNormal">Printre numeroasele avantaje ale renuntarii la fumat se numara:<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal">
◆ creste speranta de viata
◆ scade riscul producerii unui infarct miocardic
◆ scade riscul formarii unor tumori cancerigene
<span style="font-size: 14.0pt; font-family: "Wingdings 2"; mso-ascii-font-family: "Times New Roman"; mso-hansi-font-family: "Times

New Roman"; mso-ansi-language: EN-US; mso-char-type: symbol;
mso-symbol-font-family: "Wingdings 2";><span style="mso-char-type: symbol;
mso-symbol-font-family: "Wingdings 2";">◆<span
style="font-size: 14.0pt; mso-ansi-language: EN-US;"> un mod de viata mult mai sanatos

<span style="font-size: 14.0pt; font-family: "Wingdings 2";
mso-ascii-font-family: "Times New Roman"; mso-hansi-font-family: "Times
New Roman"; mso-ansi-language: EN-US; mso-char-type: symbol;
mso-symbol-font-family: "Wingdings 2";"><span style="mso-char-type: symbol;
mso-symbol-font-family: "Wingdings 2";">◆<span
style="font-size: 14.0pt; mso-ansi-language: EN-US;"> mai multi bani in
buzunar<strong style="mso-bidi-font-weight: normal;"><span style="font-size:
14.0pt; mso-ansi-language: EN-US;"> </p> <p class="MsoNormal"><strong
style="mso-bidi-font-weight: normal;"><span style="font-size: 14.0pt; mso-ansi-language:
EN-US;"> </p> <p class="MsoNormal"><span style="font-size:
14.0pt; color: red; mso-ansi-language: RO;" lang="RO">Strategii ◆ vederea renun??rii la
fumat<strong style="mso-bidi-font-weight: normal;"><span style="font-size:
14.0pt; mso-ansi-language: EN-US;"> </p> <p class="MsoNormal"><strong
style="mso-bidi-font-weight: normal;"><span style="font-size: 14.0pt; mso-ansi-language:
EN-US;"> </p> <p class="MsoNormal" style="margin-left: .5in; text-indent:
-.25in; mso-list: l2 level1 lfo8; tab-stops: list .5in;"><span style="font-size: 14.0pt; font-family:
"Arial";"sans-serif"; mso-fareast-font-family: Arial; mso-ansi-language:
EN-US;">◆<span style="font: 7.0pt "Times New
Roman";"> <span style="font-size: 14.0pt;
mso-ansi-language: RO;" lang="RO">Motiva?ia<strong
style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="margin-left:
.5in; text-indent: -.25in; mso-list: l2 level1 lfo8; tab-stops: list .5in;"><span style="font-size:
14.0pt; font-family: "Arial";"sans-serif"; mso-fareast-font-family: Arial;
mso-ansi-language: EN-US;">◆<span style="font: 7.0pt
"Times New Roman";"> <span style="font-size:
14.0pt; mso-ansi-language: RO;" lang="RO">
Eliminarea fumului din mediu<strong style="mso-bidi-font-weight:
normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in;
mso-list: l2 level1 lfo8; tab-stops: list .5in;"><span style="font-size: 14.0pt; font-family:
"Arial";"sans-serif"; mso-fareast-font-family: Arial; mso-ansi-language:
EN-US;">◆<span style="font: 7.0pt "Times New
Roman";"> <span style="font-size: 14.0pt;
mso-ansi-language: RO;" lang="RO"> Adoptarea
unui stil de via?? s?n?tos<strong style="mso-bidi-font-weight:
normal;"></p> <p class="MsoNormal" style="margin-left: .5in; text-indent: -.25in;
mso-list: l2 level1 lfo8; tab-stops: list .5in;"><span style="font-size: 14.0pt; font-family:
"Arial";"sans-serif"; mso-fareast-font-family: Arial; mso-ansi-language:
EN-US;">◆<span style="font: 7.0pt "Times New
Roman";"> <span style="font-size: 14.0pt;
mso-ansi-language: RO;" lang="RO"> G◆dire
pozitiv?<strong style="mso-bidi-font-weight: normal;"></p> <p
class="MsoNormal" style="margin-left: .5in; text-indent: -.25in; mso-list: l2 level1 lfo8; tab-stops:

list .5in;">◆ Consiliere ?i tratament <strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"> </p> <p class="MsoNormal"> </p> <p class="MsoNormal"> </p> <p class="MsoNormal"> </p> <p class="MsoNormal">Sevrajul nicotinic </p> <p class="MsoNormal"><strong style="mso-bidi-font-weight: normal;"> </p> <p class="MsoNormal">Sevrajul nicotinic <strong style="mso-bidi-font-weight: normal;"> este definit ca totalitatea simptomelor care apar la oprirea aportului de nicotina dupa o utilizare indelungata<strong style="mso-bidi-font-weight: normal;">. </p> <p class="MsoNormal">Manifestarile sevrajului <strong style="mso-bidi-font-weight: normal;">sunt multiple si difera in functie de persoana ◆ exista fumatori care nu au avut nici unul din simptomele sevrajului nicotinic, dupa cum exista si persoane care "incearca" forme severe. Din fericire, ele sunt trecatoare - au un punct culminant la aproximativ 48 - 72 de ore pentru ca apoi sa scada treptat in trei sau patru saptamani.<strong style="mso-bidi-font-weight: normal;"><strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"><strong style="mso-bidi-font-weight: normal;"> <strong style="font-size: 14.0pt; mso-ansi-language: EN-US;"> </p> <p class="MsoNormal">Manifestarile sevrajului <strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"> <strong style="mso-bidi-font-weight: normal;">? Nevoia acuta de a fuma<strong style="mso-bidi-font-weight: normal;"> </p> <p class="MsoNormal"> <span style="font-size:

Nervozitate, iritabilitate,

anxietate

Frustrare sau furie, depresie

Ameteli ocazionale, dureri de cap

Senzatie de foame

Tremor

Bradycardia si scaderea tensiunii arteriale

14.0pt; mso-ansi-language: EN-US;">?

14.0pt; mso-ansi-language: RO; lang="RO">Tuse

Tuse

14.0pt; mso-ansi-language: EN-US;">

14.0pt; mso-ansi-language: RO; lang="RO">

14.0pt; mso-ansi-language: EN-US;">

14.0pt; mso-ansi-language: EN-US;">?

14.0pt; mso-ansi-language: RO; lang="RO">Tulburari ale somnului

14.0pt; mso-ansi-language: RO; lang="RO">

14.0pt; mso-ansi-language: RO; lang="RO">

14.0pt; color: red; mso-ansi-language: EN-US;">Cum sa suportati mai usor efectele sevrajului

14.0pt; color: red; mso-ansi-language: EN-US;">

1.

Ganditi pozitiv.

Enumerati in fiecare zi motivele pentru care ati renuntat la fumat si recompensati-va cu mici cadouri pentru progresul realizat.

2. Incercati sa va gasiti preocupari in primele zile. Evitati sa va expuneti unor situatii sau sa va duceti in locuri care va predispun la fumat.

3. Pastrati banii economisiti in urma renuntarii la fumat intr-un vas sau borcan in asa fel incat sa se vada cum nivelul lor creste in fiecare zi. Folositi banii pentru o Zi de cumparaturi care sa sarbatoreasca faptul ca ati reusit sa va lasati.

4. Cautati sprijinul rudelor si prietenilor. Cu totii avem nevoie de ajutor si intelegere pentru a realiza anumite lucruri in viata iar familia si prietenii in mod sigur vor fi mai mult decat incantati sa va ajute in acest demers.

5. Hraniti-va si odihniti-va bine si acordati-va atentie maxima. Este prea usor sa va neglijiati in favoarea familiei sau serviciului, dar daca nu aveti grija de dumneavoastra veti ajunge la capatul puterilor.

6. Amintiti-va in mod constant ca doar in cateva saptamani veti fi eliberat de dependenta de tutun. Victoria va fi dulce si meritati sa va bucurati de ea!

42.0pt;"><strong style="mso-bidi-font-weight: normal;">
 7. Apelati la un medic cu pregatire in domeniu. </p> <p class="MsoNormal"><strong style="mso-bidi-font-weight: normal;"> </p> <p class="MsoNormal">Beneficiile asupra organismului ?i calit??ii vie?ii ♦ urma renun??rii la fumat </p> <p class="MsoNormal"><strong style="mso-bidi-font-weight: normal;"> </p> <p class="MsoNormal" style="margin-left: .5in;"><strong style="mso-bidi-font-weight: normal;"> ? Dup<strong style="mso-bidi-font-weight: normal;">? 20 de minute tensiunea arteriala va sc?dea, pulsul va sc?dea, iar temperatura m♦nilor ?i picioarelor va cre?te.
 ? Dup? 8 ore nivelul monoxidului de carbon din s♦ge va sc?dea p♦? la cote normale, iar nivelul oxigenului din s♦ge va cre?te p♦? la normal.
 ? Dup? 24 de ore ?ansele unui atac de cord scad sim?itor.
 ? Dup? 48 de ore capacitatea de a mirosi ?i gusta se va ♦bun?t??i.
 ? Dup? 2 s?pt?m♦i p♦? la 3 luni, se va ♦bun?t??i circula?ia dar ?i func?ia respiratorie.
 ? Dup? 1 p♦? la 9 luni probleme precum tusea, congestiunea sinusurilor sau oboseala se vor diminua.
 ? Dup? 1 an riscul unor afec?iuni coronariene va sc?dea p♦? la jum?tate comparativ cu riscul asociat unui fum?tor.
 ? Dup? 10 ani riscul cancerului pulmonar va sc?dea p♦? la jum?tate fa?? de cel al fum?torilor; se va diminua ?i riscul cancerului de gur?, g♦, esofag sau rinichi.
 ? Dup? 15 ani riscul afec?iunilor coronariene va sc?dea p♦? la nivelul persoanelor care nu au fumat niciodat?.
 <strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal"><strong style="mso-bidi-font-weight: normal;"> </p> <p class="MsoNormal">

