



Official Statement

4 May 2024

The Philippine Cancer Society, as so the American Cancer Society forwards that - **There is no safe form of tobacco. Staying tobacco free is the best way to protect your health.** Tobacco harms and kills people. Tobacco and all forms of cigarettes (e.g., e-cigarettes, hookahs, edibles, smokeless, heat-not-burn, heated tobacco products) contain the same chemicals as regular combustible cigarettes.

The Philippine Cancer Society opposes the opening of Philip Morris International's Heated Tobacco Products (HTP) facility in Batangas. It contradicts the World Health Organization Framework Convention on Tobacco Control (WHO FCTC) to which Philippines is a signatory and indeed to the "Love For All" program of the First Lady, which promotes healthy lifestyle and clean living (VeraFiles: Dr Anthony Leachon, 20 APR 30 2024). It contradicts the Republic Act 9211: Tobacco Regulation Act of 2003 - Section 2. Policy - it is **the policy of the State to protect the populace from hazardous products and promote the right to health and instill health consciousness among them.**

HTPs:

World Health Organization Warnings against HTPs (Heated Tobacco Products)

- contain tobacco and are tobacco products;
- do not help smokers to end tobacco use;
- emit toxic emissions that are similar to those found in cigarette smoke, many of which can cause cancer;
- expose users to toxic emissions, some of which are specific to HTPs and which could also expose bystanders;
- contain toxicants – though generally lower than those found in conventional cigarettes, the levels of some toxicants are higher and there are new substances absent in tobacco smoke which could potentially harm human health;
- have reduced toxicant levels relative to conventional cigarettes, although this does not necessarily translate to a reduction in health risk;
- contain nicotine, which is highly addictive, at levels similar to conventional cigarettes and nicotine is linked to health harms, particularly in children and adolescents; and
- have an unknown long-term health impact in terms of their use and exposure to their emissions, and because there is currently insufficient independent evidence on the relative and absolute risk, independent studies are needed to determine the health risk they pose to users and bystanders.

Heated tobacco products (HTP) contain more than 20 toxic chemicals, including nicotine. Studies have found heated tobacco products emit aldehydes, including acetaldehyde, acetone, formaldehyde – all of which have been shown to be toxic. The smoke released from heated tobacco products has been shown to contain toxic compounds of nicotine, tar, carbon monoxide, and tobacco-specific nitrosamines, all of which have been shown to cause harm.

The Filipino citizenry must continue to combat and completely eradicate the disease consequences brought about by Tobacco use:

- Over 112,000 Filipinos die from tobacco-related diseases each year.
- About 23% of male deaths and 10% of female deaths are caused by tobacco (17.5% overall).
- Over 20% of non-communicable disease-related deaths (ex: ischemic heart disease, stroke, diabetes, COPD, lung cancer, etc.) in the Philippines, are attributable to tobacco use.

<https://vizhub.healthdata.org/gbd-results/>

Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general.

Cigarette smoking increases risk for death from all causes in men and women.

Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.

Smoking can cause cancer almost anywhere in your body.

Smoking harms nearly every organ of the body and affects a person's overall health.

Smoking can make it harder for a woman to become pregnant.

Smoking can also affect men's sperm, which can reduce fertility and also increase risks for birth defects and miscarriage,

Smoking is a cause of type 2 diabetes mellitus and can make it harder to control.

Smoking can increase your risk for cataracts .

No youth or young adult should begin using any tobacco product, including e-cigarettes, vapes, HTPs.

Not ever smoking any kind of tobacco product is one of the most important actions people can take to improve their health.

The Smoker's Body

Every 8 seconds someone dies from tobacco use, says the World Health Organization. Research suggests that people who start smoking in their teens (as many do) will die 20 to 25 years earlier than those who never light up. It is not just lung cancer or heart disease that cause serious health problems and death. Below, some of smoking's less publicized side effects – from head to toe.

1. Hair loss

Smoking is linked to hair loss, especially in women. The chemicals in tobacco smoke can damage hair follicles, leading to hair thinning or loss. Smoking is also linked to alopecia areata, an autoimmune disease that causes hair loss.

2. Cataracts

Smoking is a major risk factor for cataracts, a clouding of the eye's lens that can lead to blindness. Smoking is also linked to glaucoma, a group of eye conditions that can damage the optic nerve.

3. Wrinkling

Smoking is linked to skin wrinkling, particularly around the mouth and eyes. The chemicals in tobacco smoke can damage the skin's collagen and elastin, leading to premature aging.

4. Hearing loss

Smoking is linked to hearing loss, particularly in the lower frequencies of hearing. The chemicals in tobacco smoke can damage the inner ear and the auditory nerve.

5. Skin cancer

Smoking is linked to skin cancer, particularly squamous cell carcinoma. The chemicals in tobacco smoke can damage the skin's DNA, leading to mutations that can cause cancer.

6. Tooth decay

Smoking is linked to tooth decay, particularly in the lower teeth. The chemicals in tobacco smoke can damage the enamel and the gum tissue, leading to decay and gum disease.

7. Emphysema

Smoking is the leading cause of emphysema, a chronic lung disease that causes shortness of breath and coughing. The chemicals in tobacco smoke can damage the lung tissue, leading to emphysema.

8. Osteoporosis

Smoking is linked to osteoporosis, a condition that weakens the bones. The chemicals in tobacco smoke can interfere with the body's ability to absorb calcium, leading to osteoporosis.

9. Heart disease

Smoking is a major risk factor for heart disease, including heart attack and stroke. The chemicals in tobacco smoke can damage the arteries, leading to heart disease.

10. Stomach ulcers

Smoking is linked to stomach ulcers, a condition that causes pain and discomfort in the stomach. The chemicals in tobacco smoke can damage the stomach lining, leading to ulcers.

11. Discoloured fingers

Smoking is linked to discolored fingers, a condition known as Raynaud's disease. The chemicals in tobacco smoke can cause the blood vessels in the fingers to narrow, leading to discoloration.

12. Uterine cancer and miscarriage

Smoking is linked to uterine cancer and miscarriage. The chemicals in tobacco smoke can damage the uterine lining, leading to cancer and miscarriage.

13. Deformed sperm

Smoking is linked to deformed sperm, which can reduce fertility. The chemicals in tobacco smoke can damage the sperm, leading to deformed sperm.

14. Psoriasis

Smoking is linked to psoriasis, a chronic skin condition that causes red, scaly patches on the skin. The chemicals in tobacco smoke can trigger psoriasis.

15. Buerger's disease

Smoking is the leading cause of Buerger's disease, a rare condition that causes inflammation and narrowing of the blood vessels in the hands and feet.

16. Cancer

Smoking is the leading cause of cancer, including lung cancer, breast cancer, and prostate cancer. The chemicals in tobacco smoke can damage the DNA, leading to mutations that can cause cancer.

Ang Katawan ng Naninigarilyo

Kada 8 segundo may isang namamatay dahil sa paninigarilyo, ito ang sabi ng World Health Organization. Ipinapakita sa mga pag-aaral na ang mga taong nagmamulat ng paninigarilyo muna kanilang kababata (na tulad ng may 70 percent ng pangunahing pangunahing) ay may dalawang dekada o higit, ay mamamatay ng 20 hanggang 25 na taon mas maaga kumpara sa mga hindi naninigarilyo. Hindi lamang kanser sa baba o sakit sa puso ang maaaring maging sanhi ng problema sa katawan at kamatayan. Sa ibaba, ay ilan lamang sa mga epekto ng paninigarilyo na hindi nabibigyang pansin – mula ulo hanggang paa.

1. Pagkalagas ng Bukhok

Ang paninigarilyo ay nakakabit sa buhok, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa buhok, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa buhok, lalo na sa mga babae.

2. Katarata

Ang paninigarilyo ay isang pangunahing sanhi ng katarata, isang kondisyon na nagpapaligay ng mata. Ang mga kemikal sa tabako ay nakakabit sa mata, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa mata, lalo na sa mga babae.

3. Pangungulubot ng Balat

Ang paninigarilyo ay nakakabit sa pangungulubot ng balat, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae.

4. Paghina ng Pandinig

Ang paninigarilyo ay nakakabit sa paghina ng pandinig, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa pandinig, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa pandinig, lalo na sa mga babae.

5. Kanser sa Balat

Ang paninigarilyo ay isang pangunahing sanhi ng kanser sa balat, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae.

6. Pagkabulok ng Ngipin

Ang paninigarilyo ay nakakabit sa pagkabulok ng ngipin, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa ngipin, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa ngipin, lalo na sa mga babae.

7. Emphysema

Ang paninigarilyo ay ang pangunahing sanhi ng emphysema, isang kronikong lung disease na nagpapaligay ng paghinga. Ang mga kemikal sa tabako ay nakakabit sa lungsod, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa lungsod, lalo na sa mga babae.

8. Osteoporosis

Ang paninigarilyo ay nakakabit sa osteoporosis, isang kondisyon na nagpapaligay ng pagkawala ng katiwidad ng butil. Ang mga kemikal sa tabako ay nakakabit sa butil, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa butil, lalo na sa mga babae.

9. Sakit sa Puso

Ang paninigarilyo ay isang pangunahing sanhi ng sakit sa puso, kabilang ang heart attack at stroke. Ang mga kemikal sa tabako ay nakakabit sa puso, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa puso, lalo na sa mga babae.

10. Ulser sa Sikmura

Ang paninigarilyo ay nakakabit sa ulser sa sikmura, isang kondisyon na nagpapaligay ng sakit sa sikmura. Ang mga kemikal sa tabako ay nakakabit sa sikmura, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa sikmura, lalo na sa mga babae.

11. Pagkakaroon ng Kulay sa Kuko at Daliri

Ang paninigarilyo ay nakakabit sa pagkakaroon ng kulay sa kuko at daliri, isang kondisyon na nagpapaligay ng pagkawala ng katiwidad ng kuko at daliri. Ang mga kemikal sa tabako ay nakakabit sa kuko at daliri, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa kuko at daliri, lalo na sa mga babae.

12. Kanser sa Matris at Pagkakunang

Ang paninigarilyo ay nakakabit sa kanser sa matris at pagkakunang, isang kondisyon na nagpapaligay ng kanser sa matris at pagkakunang. Ang mga kemikal sa tabako ay nakakabit sa matris at pagkakunang, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa matris at pagkakunang, lalo na sa mga babae.

13. Deformed Sperm

Ang paninigarilyo ay nakakabit sa deformed sperm, isang kondisyon na nagpapaligay ng pagkawala ng katiwidad ng sperm. Ang mga kemikal sa tabako ay nakakabit sa sperm, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa sperm, lalo na sa mga babae.

14. Psoriasis

Ang paninigarilyo ay nakakabit sa psoriasis, isang kondisyon na nagpapaligay ng pagkawala ng katiwidad ng balat. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae.

15. Buerger's Disease

Ang paninigarilyo ay ang pangunahing sanhi ng Buerger's disease, isang kondisyon na nagpapaligay ng pagkawala ng katiwidad ng balat. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa balat, lalo na sa mga babae.

16. Kanser

Ang paninigarilyo ay ang pangunahing sanhi ng kanser, kabilang ang lung cancer, breast cancer, at prostate cancer. Ang mga kemikal sa tabako ay nakakabit sa DNA, lalo na sa mga babae. Ang mga kemikal sa tabako ay nakakabit sa DNA, lalo na sa mga babae.



Quit smoking - this is true regardless of your age or how long you have been smoking; this lowers your risk for smoking-related diseases and can add years to your life.

The country and all people in the Philippines (Whole of Society, Whole of Government) must uphold the Laws of the Philippines (RA Nos. 7394, 11900, 9211, 11346):

Smoke Free Places: Smoking is prohibited in enumerated indoor public places and workplaces such as government facilities, healthcare and educational institutions, and facilities frequented by minors. Smoking is prohibited in public land transportation, aircraft, and public transportation terminals.

Tobacco Advertising, Promotion and Sponsorship: Many forms of tobacco advertising and promotion are prohibited. Distribution of samples is prohibited to persons below 18 years of age among other promotional activities. There are restrictions on tobacco sponsorship and the publicity of such sponsorship.

Point-of-Sale establishments offering, distributing or selling tobacco products to consumers, shall post the following statement in a clear and conspicuous manner: “SALE/DISTRIBUTION TO OR PURCHASE BY MINORS OF TOBACCO PRODUCTS IS UNLAWFUL” or “IT IS UNLAWFUL FOR TOBACCO PRODUCTS TO BE SOLD/DISTRIBUTED TO OR PURCHASED BY PERSONS UNDER 18 YEARS OF AGE.”

Tobacco Packaging and Labeling: Rotating and combined picture and text health warnings are required to be placed on 50 percent of each of the principal display areas of tobacco product packaging. Misleading terms such as “light” and “low” are prohibited on tobacco product packaging.

Tobacco Taxation and Prices: The World Health Organization recommends raising tobacco excise taxes so that they account for at least 70 percent of retail prices.

Warnings has been forwarded by the Philippine government accordingly:

“GOVERNMENT WARNING: Cigarette Smoking is Dangerous to Your Health;”

“GOVERNMENT WARNING: Cigarettes are Addictive;”

“GOVERNMENT WARNING: Tobacco Smoke Can Harm Your Children;”

“GOVERNMENT WARNING: Smoking Kills.”