



ASSOCIATION OF ONCOLOGISTS OF NORTH EAST INDIA

Regd.No.KAM/240/A-1/17of 2006

ADVISOR

DR. C BHUYAN

PRESIDENT

DR. J N BURAGOHAJN

SECRETARY

DR. ABHIJIT TALUKDAR

PRESS RELEASE

World No Tobacco Day, 2023- Choose Life Not Tobacco

India is the second largest tobacco user (267 million - 29% of all adults) in the world next to China According to the Global Adult Tobacco Survey India(GATS II) 2016-17. Globally 8 million and in India 1.3 million people die yearly due to tobacco use. Out of 8 million, 1.2 million people die due to exposure to second-hand smoke. Deaths due to Covid 19 was 7 million globally and half a million in India over a period of 3 years. Tobacco is the world's leading single cause of preventable death. All forms of tobacco are harmful, and there is no safe level of exposure to tobacco. Cardio-Vascular Diseases and Cancer are the two most common deadly outcomes of prolonged tobacco use. More than 4000 chemicals are identified in tobacco smoke and 50 out of these are carcinogenic. 27% of all cancers in India are due to tobacco use. Nearly 90% of oral cancers in India are due to smokeless tobacco use. Bidi and cigarette smokers die 6 to 10yrs earlier than non-smokers. Approximately 50% of tobacco users will die of a tobacco-related disease.

In 1987, the World Health Organization (WHO) formulated the idea of **World No Tobacco Day (WNTD)** in a bid to raise awareness about the harmful effects of tobacco. Every year, 31st May is observed as WNTD worldwide. The theme for this year's WNTD is "**We need food, not tobacco**". The 2023 global campaign aims to raise awareness about alternative crop production. It is noteworthy that, around 3.5-million-hectare land worldwide is converted for tobacco growing each year which contributes to deforestation. Also, intensive handling of insecticides and toxic chemicals during tobacco cultivation contributes to many farmers and their families suffering from ill health. WNTD campaign calls on governments and policy-makers to step up legislation, develop suitable policies and enable market strategies for combating tobacco production.

According to the GATS II, the overall prevalence of tobacco smoking in India is 10.38% and smokeless tobacco use is 21.38% and 42.4% of men and 14.2% of women. The prevalence of tobacco consumption in North East is higher at 45.7% as compared to the national prevalence of 29%. As per National Cancer Registry Programme, the cancer incidence in North Eastern states including Assam is the highest in the country. GATS II has shown that the highest number of tobacco users (above the age of 15 years) in India is in the North Eastern states, 67.5% and 62.9% males are tobacco users in Tripura and Assam whereas only 15.3% in Goa. The incidence of cancers of the hypopharynx and esophagus in the East Khasi Hills district of Meghalaya and Kamrup Metropolitan district are not only highest in the country but the entire world.

There is a compelling need for anti-tobacco awareness campaigns and strict enforcement of anti-tobacco laws in the North East region of India if we are to save our future generations from falling prey to the menace of tobacco and eventually develop cancer and other types of major health issues, we must act now.

The Association of Oncologists of India (AONEI) along with the Assam State Chapter of the Association of Surgeons India, North East Head and Neck Forum, NEASO, NHM and many other NGO's coming together to fight against tobacco. Like every year, this year also we are conducting various awareness camps and workshops around the nook and corner of Assam. We are working in close collaboration with the State unit of the National Tobacco Control Programme (NTCP) and other local bodies, to spread the message of refraining from tobacco in the community.



ASSOCIATION OF ONCOLOGISTS OF NORTH EAST INDIA

Regd.No.KAM/240/A-1/17of 2006

ADVISOR

DR. C BHUYAN

PRESIDENT

DR. J N BURAGOHAIN

SECRETARY

DR. ABHIJIT TALUKDAR

On WNTD, 31st May 2023, a day-long program starts with a **WALKATHON** from Veterinary College Ground at 6 AM in the morning to create awareness among our public about ill effects of tobacco followed by a Continuing Medical Education (CME) on tobacco-related cancers in the evening. Such programs are need to organised regularly, to sensitizing the masses about the evils of tobacco.

We would like to request Guwahatians to participate in the Walkathon and make the event a grand success.

National Tobacco Control Programme, Assam regularly performs various activities about the harmful effects of tobacco. Mass awareness against tobacco, Tobacco Free Educational Institution (TOFEI) program in many schools and colleges, implementation of the “Cigarette and Other Tobacco Product Act” (COTPA), and tobacco cessation counseling in all district hospitals and medical colleges are some of the highlights of NTCP, Assam. A toll-free Tobacco Quit Line Number: 1800-11-2356 is active from 8 AM to 8 PM for TCC and is available for tobacco users who need support and guidance to quit smoking from NTCP.

Dr J N Buragohain
President, AONEI
Contact. No 9435346709
jadunathbg@yahoo.co.in

Dr Abhijit Talukdar
Secretary, AONEI
Contact no. 7896059598
