



Ururka caafimaadka xaafadda NW London



Haddaad u baahato kaalmo intaa dhaafsiisan

Sidii aad ganacsigaaga uga dhigi laheyd mid aan qiiq laheyn

Fadlan lasoo xirii Iglan oon lahayn qiiq tobaako lambarka 0800-169-1697 amaba gal boggeenna www.smokefreeengland.co.uk.

Sida loo joojiyo dhuuqidda tubaakada, sigaarka iyo shiishadda

Fadlan lasoo xiriir xarunta Stop Smoking Service ee xaafaddaada lambarka 0800-1690169 amaba gal boggeenna www.gosmokefree.co.uk

"Qatarta soo gaareysa dadka shiishada dhuuqaahi waxay u muuqataa iney la egtahay, haddiiba aysan ka darneyn, kuwa sigaarka dhuuqa"
(Respiratory, July – 2006)

i Ururka Caafimaadka Adduunka (2005) Waterpipe Tobacco Smoke, Health Effects, research needs and recommended actions by regulators

ii Knishkowsky et al (2005) Waterpipe Smoking: An Emerging Health Risk Behaviour PEDIATRICS Vol. 116 No. 1 July 2005, pp e.113-e119

Wixii faahfaahin ah oo ku saabsan dhaqdhaqaaqa Ururka, amaba aad heyso afkaaro khuseeya sidaan u kordhin laheyn isgaarsiinteenna, fadlan booqo boggeenna www.nwlc.nhs.uk



SmokeFree London
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Cabaidda shiishadda biyaha: Qatarta Caafimaad (Oo xataa loo yaqaanno huuka amaba nargila)

Ururka North West London wuxuu kulmiyaa dhaqaatiirta, dadka kale ee ku taqasusay cilmiga caafimaadka iyo weliba maareeyaasha hayadaha caafimaadka NHS ee ku firirsan xaafadaha NW ee London, iyagoo wada shaqeynaya si ay u hubiyaan in bukaan-socodku uu helaan adeegyo horumarsan oo loo siman yahay.

Dhimashada ama cuuryaaminta ay sababto dhuuqidda sigaarku wey ka badan tahay tan uu sababo cudur kasta oo kale (Ururka Caafimaadka Adduunka 2005)ⁱ

Iglan oon lahayn qiiq tobaako

Dalkan Ingiriiska, wixii ka billowda 1da July 2007 waxaa goobaha ganacsiga iyo shaqada ee dusha ka dedani noqon doonaan meelo aan qiiq laheyn.

Waxay tani isugu jirtaa qiiqa tubaakada iyo weliba maaddooyinka kale ee tubaakada leh amaba walxaha kale ee qiiqooda la dhuuqo.

Dhhuqista wax kasta oo qiiq lehi waxay u daran tahay caafimaadkaaga.

Waxaa ka mid ah:

- o Sigaarka caadiga ah
- o Tubaakada gacanta lagu duubo
- o Beebka iyo sigaarka waaweyn
- o Geed-caafimaadya la dhuuqo
- o Shiishadda (oo dadka qaar u yaqaanno huuka, nargila)

Sharcigan qiiq diidistu wuxuu maanacayaa isticmaalka shiishadda ee lagu cabbo gudaha goobaha shaqada ee dusha ka dedan oo ay ku jiraan maqaayadaha shiishaddu, wuxuuna hirgeliyaa 1da July 2007.

Shuruuc noocaas oo kale ahi waxay sidoo kale ka hirgaleen dalalka Iiraan, Turkiga, Taylaan, Masar iyo Suudaan.



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Dhuuqidda shiishaddu ma u daran tahay caafimaadka ilkaheeyga?

Dhuuqidda tubaakada lagu shubto shiishaddu waa mid aad ugu daran caafimaadka dadka cabba iyo weliba dadka kale ee agtooda lagu cabbo.

Qiiqa shiishadda ka yimaada waxaa ku jira sun la yaqaanno oo sababi kara cudurro qatar ah - cudurrada wadanaha, cudurrada neefsashada, cansarka sambabbada, iyo waxyeelleynta uurka.

Cudurka neefsashada ee loo yaqaan burunkiitadu deg-deg ayuu ugu dhacaa dadka shiishadda cabba marka la barbardhigo kuwa sigaarka cabba.

Is-barbardhigidda dadka dhuuqa shiishadda iyo kuwa sigaarka

Biyaha shiishaddu ma celiyaan maaddooyinka sunta ah ee qiiqa ku jira

Waxaa weli qiiqa shiishadda kusii haray sun uu heerkeedu sarreeyo oo ka imanaysa dhuxusha iyo tubaakada, suntaaso ay ka mid yihiin birta culus iyo weliba maaddooyin kale oo sababa cudurka kansarka.

Weli lama hayo shey la caddeeyey inuu yareynayo qatarta dhuuqidda shiishadda.

Sida caadiga ahba, dhuuqidda shiishaddu waxay qaadataa muddo ah 20 - 80 daqiiqo, taasoo la qiyaasay inuu qofkiiba uu jiido 50 - 200 oo tiiro.

Qiyaasta qiiqa uu dhuuqo qofka shiishadda cabbaahi halkii fadhi, waxay u dhigantaa meesha uu qofka sigaarka cabbaahi ka dhuuqo 100 xabbo oo sigaar ah.

"Dadka badankooda waxaa si qalad ah uga dhaadhacsan ineysan shiishaddu lahayn tubaako oo waxay u heystaan iney dhuuqayaan geed-caafimaadyo ... Waa dhedhen-khudaareedka beenta ah waxa ay isaga dhaadhicnayaan iney dhuuqayaan geed-caafimaadyo, inkastoo ay dhuuqayaan tubaako ... Cabbitaanka shiishaddu aad iyo aad ayuu uga qatarsan yahay cabitaanka sigaarka, sababtoo ah tirada nikotiinkiisa looma cabbiri karo baakad ahaan."

The Khaleej Times (Arab Emirates, 4th June 2006)

Cabitaanka shiishadda lagu sheekeysto

Inta badan waxaa shiishadda loo cabbaa in lagu sheekeysto iyadoo weliba dhowr qofoodi ay wadaagayaan hal shiishad. Dhibaatooyinka ka iman karaa waxaa ka mid ah kala qaadista cudurrada tiibishada (Tb) iyo hepatitisii.



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Dhuuqidda shiishadda gacan-labaadka ah

Dhuuqidda gacan-labaadka ahi waa markuu kugu baxo qiiqa ka yimaada tubaakada shiishadda ay dadku agtaada ku cabbayaan.

Qaadashada qiiqa gacanta labaad ahi wuxuu ka kooban yahay in ka badan 4,000 oo maaddo oo isugu jira walxo iyo hawooyin kiimiko ah - kuwaasoo 60 ma mid ah lagu yaqaan amaba looga shakisan yahay iney sababaan cudurka kansarka.

30 daqiiqo oo aad qaadatao qiiqa dadka kale waxay hoos u dhigeysaa wareegga dhiigga wadnahaaga.

Qiiqa loo yaqaan gacan-labaadka ee shiishaddu wuxuu isugu jiraa qiiqa tubaakada iyo qiiqa dhuxusha, sidaa awgeedna wuxuu isna qatar caafimaadeed ku yahay dadka aan sigaarka cabbin. Haddii aad uur leedahayna qatartu weyba kasii daran tahay intaas.

Ingiriiska oon lahayn qiiqa sigaarka & kan shiishadda

Wixi ka billowda 1da July 2007, sharciyada maanacaya sigaarka ayaa sidoo kale maanici doona in shiishadda lagu cabbo gudaha goobaha shaqada iyo weliba maqaayadaha shiishada.

Shaqaalaha, milkiilayaasha iyo maareeyaashu waa iney:

1. Hubiyaan in xarumhooda ganacsigu aysan qiiq laheyn.

– Ganaaxa qofkii xadgudba la sarayo wuxuu gaari karaa ilaa iyo £2,500

2. Hubi inaad goobta ku dhejiso calaamadda "NO SMOKING"

– Ganaaxa qofkii xadgudba la saarayo wuxuu noqonayaa £200 oo digniin ah ilaa iyo £1,000

Qofki ku cabba meel laga mamnuucay waxaa iyana la ganaaxi karaa £50 digniin ah ilaa iyo £200.

