

Tubaakada Shiishada waxyeelo bay leedahay

Xaashida-macluumaadka ee bulshada

Waa maxay Tubaakada Shiishada?

Tubaakada shiishada badanaa waa isku-darka tubaakada lagu khamiiriyey molasiska laguna daray dhadhanada furuudka.

Guud ahaan, tubaakada shiishada waxay leedahay macaan gaar ah iyo aroomada dhadhanka furuudka leh waxaana lagu cabbaa baybka-biyaha.

Magacyada kale ee baybka-biyaha, waxaa ka mid ah shiishada, nargile, hookah, argihile, goza iyo hubble bubble.

Qalabka waxaa loo sameeyey si uu qiiq u dhex-maro biyaha ama dureere kale ka-hor intuusan gaarin sigaar-cabbaha Haya'dd Caafimaadka Adduunka (World Health Organisation [WHO], 2015).



Tubaakada shiishada ma waxyeelo bay leedahay ?

Waxaa jira fahmid la'aan guud ee isticmaalka tubaakada shiishada inuu yahay khayaar ka ammaan badan cabidda sigaarka.

Taasi waa khalad.

Cabbeyaasha tubaakada shiishada waxay gaarsiin kartaa kiimikada waxyeellada leh oo la mid ah ama ka heer sarraysa marka la barbar-dhigo cabitaanka sigaarka.

Maxaa ku jira qiiqa tubaakada shiishada?

Qiiqa ka soo baxa tubaakada shiishada waxaa ku jira nisbooyin kala duwan ee waxyaalaha keena kansarka oo waxyeellada leh marka la barbardhigo qiiqa

Tan waxaa qayb aahaan ugu wacan gubista dhuxusha si ay u kululayso tubaakada shiishada (Shihadeh et al., 2015; WHO, 2015).

Tusaale ahaan, marka la barbardhigo cabidda hal xabo sigaar, cabbaha tubaakada shiishada wuxuu ku neefsanaya inta lagu jiro celcelis ahaan fadhiga shiishada:

- **Laba ilaa saddex jeer** xaddi nikootiin ah
- **Ilaa 11 jeer** xaddi carbon monoxide ah
- **ilaa 25 jeer** xaddi daamur ah
- **toban jeer** wax ka badan oo lead ah (Primack et al., 2016; Shihadeh et al., 2015)

Waa maxay khataraha tubaakada shiishada ah?

Sida sigaarka, cabidda tubaakada shiishada waxay leedahay saamaynaha caafimaad oo degdeg ah iyo kuwo muddo-dheer ah.

Saamaynaha caafimaad oo degdegga ah waxaa ka mid ah:

- kacsanaanta garaaca wadnaha iyo cadaadiska dhiigga
- shaqada sanbabka oo dhantalanta
- kartida jimicsiga oo hooseysa
- sumaysanka carbon monoxide oo daran (WHO, 2015).

Saamaynaha caafimaad oo muddo-dheer ah oo la xiriira cabidda tubaakada shiishada waxaa ka mid ah:

- kansarada
- cudurada wadnaha
- cudurada neef-mareenka
- miisaanka dhalashada ee hooseeya ee ilamaha dhasha
- cufnaanta lafta oo yaraata iyo jabista (WHO, 2015).

Dadka uu gaaro qiiqa tubaakada shiishada ee gacanta-labaad ah waxay khatar ugu jiraan dhibaatooyinka neef-mareenka iyo kuwa caafimad oo kale. Carruurta gaar ahaan aya u halis ah (Smith-Simon, Maziak, Ward & Eissenberg, 2008; Tamim et al., 2003).

Macluumaad dheeraad ah

Wixii macluumaad dheeraad ah:

- ka wac Khadka Macluumaadka Tubaakada oo ah 1300 136 775
- ka eeg [tobacco reforms website](http://www.health.vic.gov.au/tobaccoreforms) <www.health.vic.gov.au/tobaccoreforms>.

Si aad ugu hesho daabacaddan qaab la heli karo ka wac Khadka Macluumaadka Tubaakada oo ah 1300 136 775 adoo adeegsanaya Adeegga National Relay Service 13 36 77 haddii loo baahdo, ama email tobaccopolicy@health.vic.gov.au

Waxaa idmay oo daabacay Dowladda Victoria, 1 Treasury Place, Melbourne.

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FAAFREEB: Fadlan ogsoonow in wixii talooyin ah oo ku jira xaashidan macluumaadka waa tilmaamid guud oo keliya. Department of Health and Human Services ma aqbalayo wixii qansheeg ah ama khasaaro ah ama waxyeello ah oo ka timaadda natiijada isku-hallaynta talooyinkan ku jira xaashidan macluumaadka. Wax ka mid ah xaashidan macluumaadka oo baddeli kara raadsiga talooyinka sharciyeed oo habboon ma jiro.

ISBN: 978-0-7311-7162-0

Laga heli karo

www.health.vic.gov.au/tobaccoreforms