

DISCUSSION

According to the 2007 report on the nationwide survey on attitudes towards smoking, every fourth person admitted to smoking cigarettes on a daily basis [11]. And despite many warnings, such as the Act of 22 July 2016 “On protection of health against the consequences of the use of tobacco and tobacco products”, Article 2, point 14 requires manufacturers of tobacco products to place warnings on the packaging in the form of photos and text about the effects of smoking [12] still kill nearly 700,000 people in Europe each year [13]. However, the tobacco addiction is not only a health problem, but also an economic one. According to the study by Motrzyk [14] the average cost of treating tobacco-related diseases amounts to PLN thousand. PLN 1,895,932.5, of which the largest percentage is transferred to COPD. It is also estimated that the number of patients with advanced COPD is 400,000 and is, next to lung cancer (also a tobacco-related disease), the most common palliative treatment [15].

However, attempts to quit the addiction are not easy, if only because of a strong addiction, which is characterized by a great need to take nicotine, often a lack of control of one's behavior, and even preferring smoking a cigarette to other activities [3]. This difficulty is evidenced by the result among my respondents, where 81.25% of smokers made an unsuccessful attempt to quit. Also, data from the work of Szpringer [16] which states that 80% of smokers admit that they tried to quit the addiction at least once in their life. This is despite the fact that the pharmaceutical market is rich in substances facilitating the fight against addiction, such as nicotine gums, patches or medications - Bupropion - an antidepressant drug. However, it is also important to motivate the addicted person to fight, but also to talk to the doctor [17]. Cigarettes, which were introduced on a production scale in 1840, were initially smoked only by men [18]. Today the number of smoking men and women equalizes. Among my respondents, the difference was 6.2%, so there was definitely a slight majority of men. In the respondents who were still smoking, I noticed differences in education. The largest number of addicted people are people with secondary education 50%, followed by those with vocational education 25%, higher education 18.75% and primary education 6.25%. These results are not confirmed by the study by Puto [19] who in their work did not observe any significant relationships between tobacco addiction and education.

Summarizing all the above information, I believe that the tobacco addiction, which causes death every 10 sec around the world should become a priority issue for the government and the whole of humanity to fight it [20].

CONCLUSIONS

1. The vast majority of people (85%) in the pulmonary rehabilitation unit have or have had contact with

nicotine smoke (in a passive and / or active form) and are currently treated for tobacco-related diseases.

2. Among the surveyed pulmonary patients, still 16% are active smokers.
3. There were no significant differences between the number of female and male smokers, but there was a noticeable difference in education, with a vast majority of people who graduated from secondary school.

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