



# الأمل وجماله

AL-AMAL BEAUTY & HEALTH MAGAZINE

## Wilms' tumor?

- **Laser therapy** is the best & most recent method of quitting smoking
- **The World's Healthiest Foods**



# Laser therapy is the best & most recent method of quitting smoking

## Introduction

Many people who really want to stop smoking are afraid that they won't be able to cope with certain situations without a cigarette or are defeated by the nicotine craving and withdrawal symptoms of the first few weeks. Over the past two decades, stop-smoking programs have come and gone with little impact on the addiction. Most of these programs, including Nicotine gum & the patch have been drug (nicotine) based. Common sense dictates that you should not use the addictive substance to overcome the addiction.

Laser therapy is a unique & entirely safe method helping the smokers to achieve the goal of stopping smoking, (no matter how many cigarettes they smoke or how long they have been smoking), without the withdrawal symptoms and keep him relaxed, calm and happy during those first crucial weeks. Laser treatment involves the application of a cold, soft non-invasive laser beam to specific energy points on the body; which is completely safe & painless. This will help stimulate the release of endorphins, the body's natural chemical, which will protect them from craving symptoms & treat the nicotine addiction.



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## Tobacco smoking

Is the act of burning the dried or cured leaves of the tobacco plant and inhaling the smoke for pleasure or ritualistic purposes, for self-medication, or out of habit and to satisfy addiction. Tobacco smoke contains nicotine, an addictive stimulant. The effect of nicotine in first time or irregular users is an increase in alertness and memory, and mild euphoria by releasing endorphins which give the smoker a sense of relaxation. In chronic



users, nicotine simply relieves the symptoms of nicotine withdrawal (confusion, restlessness, anxiety, insomnia, and dysphoria). If the patient try stop smoking, the drop in nicotine will decrease in endorphin level that leads to withdrawal symptom. Nicotine also disturbs metabolism and suppresses appetite.

## Why people ask for quit smoking

People have many reasons for deciding to quit. Maybe you are pregnant, or already have small children in your life and want to protect their health now and in the future as a positive role model. You may be ready to make a commitment to improving your own health, or may be influenced by the desire for a more aesthetically pleasing environment, including less damage from smoke and burns to your clothing, your car and your home. Your own appearance is also likely to benefit greatly, with fewer premature wrinkles, a healthier smile certainly enough reason to greet yourself a little more enthusiastically in the mirror each day. Financial savings is another substantial motivator.

## The low level laser therapy is completely safe & painless

First used 30 years, ago LLLT is pain free and safe treatment supported by an enormous body of research explaining how it works and how best to use it. Not to be confused with surgical lasers, they were described as low level or soft lasers (no more than a light bulb). They have been used in medical fields in

the treatment of damaged tissue, pain relief, non healing ulceration and increasingly acupuncture point stimulation.

It has been widely used internationally for over 10 years in quit smoking & weight control & stress management. For our center we have used it for the last 6 months, treating more than 100 patients with a success rate of more than 80%.

Some people may feel a little light headache & drowsy, but that passes very quickly. You should have no cravings for nicotine immediately. The physical cravings will be gone. You will need to work on the habit by asking the patient to change his routine of live for the first few days in such way to keep him away from stress & don't let him sit in places where he used to smoke in, we advised him also to increase consumption of water & vitamin C rich juices .



### Description of quit smoking Laser Treatments

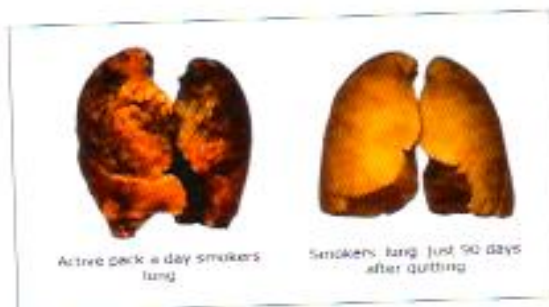
Most people stop smoking with one treatment. But with our patients we found that three sessions is more convenient to stop smoking, each treatment takes less than 30 minutes. There is a consultation before the treatment and an instruction period at the end of the treatment. The treatment is applying the laser on specific points on ears, nose, lips, fingers & for arms. After each session the feeling of the patient is a little different for everyone, the only thing he feels is relaxed.

### Stop Smoking Laser Benefits

After you stop smoking with Laser, you don't have to wait weeks or months to reap the benefits of your new healthy lifestyle. According to the American

Cancer Society, these are the changes that take place in your body when you stop smoking:

**WITHIN 20 MINUTES** Body temperature of feet and hands



increases to normal, pulse rate drops to normal rate & Blood pressure drops to normal.

**AFTER 12 HOURS** Pulse rate slows/ skin temperature increases to normal, Oxygen in blood increases to normal & Carbon Monoxide level in blood drops to normal.

**AFTER 24 HOURS** Nerve endings start re-growing, Ability to smell and taste is enhanced.

**AFTER 72 HOURS** Bronchial tubes relax, make breathing easier & Lung capacity increases.

**WITHIN 2 WEEKS TO 3 MONTHS** Circulation improves, walking becomes easier because stamina and vigor have improved & Lung function increases up to 30%.

**1 TO 9 MONTHS** Coughing, sinus congestion, fatigue, shortness of breath decreases, Cilia re-grow in lungs, increasing ability to handle mucous, clean the lungs and reduce infection & Body's overall energy increases.

**1 YEAR** Risk of heart disease decreases by 90% & the Heart will have returned to nearly normal.

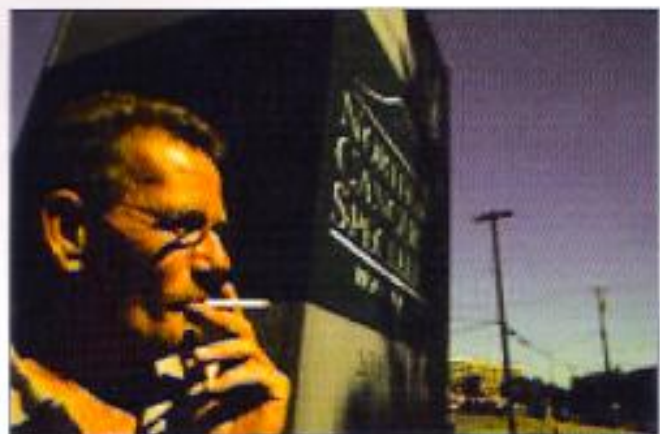
**10-15 YEARS** Risk of lung cancer will be roughly the same as if you had never smoked.

Enjoy your life as a Non-Smoker

### Health risks of smoking

#### Addiction:

Because of their nicotine addiction, many smokers find it difficult to cease smoking despite their knowledge of ill health effects. Nicotine is a powerful, addictive stimulant and is one of the main



(heart attack), smoke is also known to harm children, infants and reproductive health through acute lower respiratory tract illness, asthma induction and exacerbation, chronic respiratory symptoms, middle ear infection, lower birth weight babies. Tobacco smoke reduces the delivery of oxygen to the fetus through the presence of carbon monoxide, cyanide, and

factors leading to the continued tobacco smoking. Although the amount of nicotine inhaled with tobacco smoke is quite small (most of the substance is destroyed by the heat) it is still sufficient to cause physical and/or psychological dependence.

### Health effects of direct tobacco smoking:

The main health risks in tobacco pertain to diseases of the cardiovascular system, in particular smoking being a major risk factor for a myocardial infarction

cancers of the larynx and tongue, smokers were about 25 times more likely to die of lung cancer or chronic obstructive pulmonary disease than the nonsmokers. Smoking is responsible for 87% of lung cancer deaths. However, if someone stops smoking, then these chances gradually decrease as the damage to their body is repaired.



aromatic hydrocarbons. Nicotine and other substances in tobacco smoke cause reduction in placental blood flow, creating further reductions in oxygen delivery as well as reductions in nutrients to the unborn baby. Secondhand smoke exposure during pregnancy produces twice the risk of low birth weight babies. Smoking is the single largest modifiable risk factor in intrauterine growth retardation and Sudden Infant Death Syndrome.

### The health effects of passive smoking:

Passive smoking, means inhalation of environmental or secondhand tobacco smoking is confirmed that, in adults, exposure to secondhand smoke causes lung cancer, nasal sinus cancer, breast cancer in younger women, heart disease, heart attacks, and asthma induction, where the risk increases with increasing exposure. Secondhand

