

# TÜTÜN DUMANI MARUZİYETİ TÜRLERİ

## 2. BÖLÜM

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### Giriş

Tütün bağımlılığı, zararlı etkileri bilinen, dünya genelinde yaygın olarak görülen ve önlenemez özelliği olan en önemli hastalıklardan biridir. Tütün kullanımının bireysel sağlığa olan olumsuz etkileri yanında çevresel maruziyet nedeniyle toplum sağlığına da olumsuz etkileri bulunmaktadır. Dünya Sağlık Örgütü'nün (DSÖ) tahminlerine göre; yetişkinlerin yaklaşık üçte biri, dünyadaki çocukların yarısı yani 700 milyon çocuk düzenli olarak İETD'na maruz kalmaktadır. İETD maruziyeti, önlenemez ölümler için 'üçüncü en sık risk faktörü' olarak kabul edilmektedir. Dünyada tütün ürünü kullanımı sonucu gerçekleşen hastalıklarla her yıl 8 milyon kişi ve ülkemizde de yaklaşık 100 bin kişi hayatını kaybetmektedir. Bu ölümlerin 1 milyondan fazlası İETD'na maruziyet nedeniyle olmaktadır. Ayrıca her yıl, 60 bin çocuk İETD'nin yol açtığı solunum yolu enfeksiyonları sebebiyle, 5 yaşına varmadan hayatını kaybetmektedir (1,2). Dünya çapında sigara içmeyen erkeklerin %33'ü, sigara içmeyen kadınların %35'i ve çocukların % 40'ı İETD'ye maruz kalmıştır. Dünya çapındaki ölüm oranının yaklaşık %1,0'ı olan 603 bin ölüm, İETD'ye atfedilebilir. İETD maruziyetinin neden olduğu ölümlerin %47'sinin kadınlarda, %28'inin çocuklarda ve % 6'sının erkeklerde meydana geldiği bildirilmiştir (3).

Aktif tütün ürünü kullanımının sağlığa etkileri ile ilgili sayısız araştırma yapılmış ve kesin kanıtlar elde edilmiştir. İkinci el ve üçüncü el tütün dumanı maruziyetinin sağlığa etkileri ile ilgili hala kapsamlı araştırmalara ihtiyaç olmakla birlikte kanıt düzeyi yüksek çalışmalar bulunmaktadır (3). Bu konudaki bilgi açığı günümüzde giderek önem kazanmaktadır. Dünya çapındaki ikinci ve üçüncü el sigara dumanına atfedilebilen bu mortalite ve morbidite tahminleri; toplumsal ve politik müdahalelerle aktif içiciliğin yanı sıra ikinci ve üçüncü el tütün dumanı maruziyetlerini azaltma çabalarının yaygınlaştırılmasıyla, önemli sağlık kazanımları elde edilebileceğini göstermektedir.

### İkinci el tütün dumanı maruziyeti

İkinci el tütün dumanı (İETD) (second hand tobacco smoke-SHS) maruziyeti; sigaraların ve diğer tütün ürünlerinin yakılmasından oluşan ve sigara içen tarafından çevreye verilen dumandan kaynaklanan maruziyet sonucu meydana gelir. Bu konuda literatürde çeşitli tanımlamalar kullanılmaktadır. Bu tanımlardan bazıları şunlardır;

- Pasif içicilik (passive smoking)
- Gönüllü olmayan içicilik (involuntary smoking)
- Çevresel tütün dumanı maruziyeti (environmental tobacco smoke)

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lar ve hayvan deneyleri olduğunu belirtmeliyiz. Gelecek süreçte yapılacak randomize kontrollü deneyler, metaanaliz ve sistematik derlemeler bu konuya açıklık getirecektir.

## SONUÇ

Sonuç olarak maruziyet süresi ve maruz kalınan doz bağımlı olarak ikinci ve üçüncü el sigara maruziyeti de aktif sigara içimi gibi insan ve çevre sağlığına olumsuz etkiler yapmaktadır. Bu konuda uluslararası, ulusal ve yerel düzeyde müdahale önlemleri alınmalıdır.

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