**WHO: Quitting Smoking Has Immediate Health Effects**

**世界卫生组织：戒烟直接影响健康状况**

The World Health Organization has released a new report this week linking the yearly deaths of 1.9 million people to tobacco use.

世界卫生组织本周发布了一份新报告，报告称每年有190万人的死亡与吸烟有关。

The report was released for World Heart Day by the World Heart Federation and the University of Newcastle in Australia. It is a warning of the dangers of tobacco which can lead to heart disease.

世界心脏联合会和澳大利亚纽卡斯尔大学为“世界心脏日”发布了这份报告。这项报告警告人们烟草有引发心脏病的风险。

Cardiovascular disease is the top cause of death on Earth, killing an estimated 17.9 million people every year. The World Health Organization, or WHO, reports smoking and second-hand smoke are responsible for nearly two million of these deaths.

心血管疾病是全球致死率最高的疾病——每年约有1790万人死于该疾病。世界卫生组织报告称，吸烟和吸二手烟造成了近200万人死亡。

Reudigar Krech is Director for Health Promotion at the WHO. He told VOA that even life-long smokers who quit their deadly habit can prevent dying too soon from heart attack or stroke.

鲁迪加尔·克雷奇是世卫组织卫生促进部主任。他告诉美国之音，即使是终身吸烟者戒烟也能防止因心脏病或中风而过早死亡。

“That’s the good news. If tobacco users take immediate action now and quit, then their risk of heart disease will decrease by 50 percent after one year of not smoking,” he said. Krech added that the health effects of quitting smoking are immediate.

“这是个好消息。如果吸烟的人现在立即采取行动并戒烟，那么戒烟一年后，他们患心脏病的风险将降低50%。”克雷奇还补充道，戒烟对健康的影响是立竿见影的。

Tobacco use presents the biggest threat. But other major risks for heart disease include lack of exercise, unhealthy diet, high blood pressure and cholesterol and being overweight.

烟草使用是最大的威胁。但心脏病的其他主要诱因包括缺乏锻炼、不健康的饮食、高血压和高胆固醇以及超重。

In addition, the WHO warns that high blood pressure and heart disease increase the risk of severe COVID-19. Krech said people are beginning to understand that smoking during a health crisis is not a good idea.

此外世界卫生组织还警告称，高血压和心脏病会增加患严重新冠肺炎的风险。克雷奇说，人们已开始认识到在健康危机期间吸烟不是个好主意。

“There are about 400 million people who want to quit smoking because of COVID-19,” Krech said. He also said people know that they could develop more severe symptoms if they smoke. While it is not easy to quit smoking, tools such as nicotine patches are available to help.

克雷奇表示：“大约有4亿人因为新冠肺炎而想戒烟。他还说，人们知道如果吸烟可能会出现更严重的症状。虽然戒烟并不容易，但尼古丁贴片等工具还是可以帮助人们戒烟的。

However, the WHO warns against using smokeless tobacco, which every year it says, is linked to about 200,000 deaths from heart disease. The United Nations health agency adds that e-cigarettes also raise blood pressure. High blood pressure increases the risk of heart disease as well as COVID-19.

另外世界卫生组织还警告人们不要使用无烟烟草。它表示，每年都有大约20万人因此死于心脏病。联合国卫生署补充道，电子烟也会使血压升高。高血压一样同样会增加患心脏病和新冠肺炎的风险。

Krech said governments can help people to quit by supporting some simple measures. They can create smoke-free areas, ban tobacco advertising and raise taxes on tobacco products.

克雷奇说，政府可以通过一些简单的措施来帮助人们戒烟。他们可以建立无烟区，禁止烟草广告，增加对烟草产品的税收。

I’m Mario Ritter Jr.

小马里奥·里特报道。

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