



## Datganiad i'r Wasg

**Embargo: 00.01 o'r gloch, Dydd Llun 31 Mai 2010**

### **Dim Smygu Cymru ac ASH Cymru yn cefnogi Diwrnod Dim Tybaco y Byd**

Mae Dim Smygu Cymru ac ASH Cymru yn gweithio gyda'i gilydd i gefnogi Diwrnod Dim Tybaco y Byd, sy'n canolbwyntio eleni ar effaith ysmegu ar fenywod.

Mae'r diwrnod, sef 31 Mai, yn rhan o Raglen Ddi-Dybaco Sefydliad Iechyd y Byd ac fe fydd yn cael ei chynllunio i dynnu sylw penodol at effaith niweidiol marchnata tybaco tuag at fenywod a merched.

Mae canlyniadau ysmegu ar fenywod beichiog yn ddifrifol, ac eto, yng Nghymru mae dros un rhan o dair o fenywod yn ysmegu yn ystod eu beichiogrwydd.

Cysylltir ysmegu yn ystod beichiogrwydd ag ystod o effeithiau croes ar iechyd y plentyn yn y groth gan gynnwys genedigaeth gynamserol, pwysau geni isel, diffygion geni, colli'r baban a marwolaeth yn y crud.

Dywedodd Mererid Bowley, Locwm Ymgynghorol Iechyd Cyhoeddus ar gyfer Dim Smygu Cymru: "Mae smygu'n cynyddu'r perygl o ganser ymron pob organ a meinwe o'r corff ond yn enwedig yr ysgyfaint, y llwnc a'r stumog. Mae'r perygl o glefyd y galon, strôc ac anhwylderau difrifol ar yr ysgyfaint hefyd yn cynyddu'n arwyddocaol drwy ysmegu.

"Mae rhai o'r effeithiau penodol ysmegu ar iechyd menywod yn cynnwys canser serfigol, anffrwythlondeb, diwedd y misglwyf cyn pryd, osteoporosis a heneiddio cyn pryd.

Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 1 of 8	Audience: Public

"Mae Dim Smygu Cymru yn ymwneud ag effaith smygu ar iechyd menywod ac yn enwedig y nifer o fenywod sy'n parhau i smygu tra'u bod yn feichiog.

"Mae Diwrnod Dim Tybaco'r Byd, gyda'i ffocws ar fenywod a thybaco, yn gyfle delfrydol i atgoffa pobl yng Nghymru ein bod yn cynnig gwasanaeth rhad ac am ddim yng Ngwasanaeth Iechyd Cymru a allai eich helpu i roi'r gorau iddi am byth."

Mae'r difrod iechyd tymor hir ar blant sy'n agored i fwg tybaco yn ystod beichiogrwydd ac yn y cartref yn cynnwys mwy o afiechydon resbiradol a gormod o gwyr yn y glust, sy'n achosi problemau clyw yn ystod blynyddoedd plentyndod.

Yn ogystal, mae smygu ymhlith merched yn eu harddegau yn ofid yng Nghymru gydag oddeutu 27.5 per cent o ferched 15-16 oed yn smygu o'u cymharu ag 19 per cent o fechgyn yr un oed.

Dywedodd Tanya Buchanan, Prif Weithredwr ASH Cymru: "Mae penderfyniad Sefydliad Iechyd y Byd i ganolbwyntio ar fenywod a thybaco yn arbennig o berthnasol wrth i Gymru'n ystyried drafft rheoliadau rheoli tybaco a amlinellwyd yn Neddf Iechyd 2009 i wahardd arddangos cynnyrch tybaco wrth y derfynell dalu a'u gwerthu o beiriannau gwerthu.

"Cynlluniwyd arddangosfeydd tybaco i edrych yn ddeniadol i bobl ifanc a'r unig ffordd effeithiol i sicrhau bod pobl ifanc yn cael eu diogelu bellach rhag marchnata tybaco yw sicrhau bod cynnyrch tybaco yn cael eu cadw allan o'r golwg.

"Mae'r dystiolaeth o Iwerddon yn dangos bod y camau hyn yn cael effaith arwyddocaol.

"Yn ogystal, mae angen i ni fynd i'r afael â'r lefelau uchel o smygu ymhlith menywod ifanc yng Nghymru er mwyn mynd i'r afael â'r duedd bryderus am achosion cynyddol canser yr ysgyfaint ymhlith menywod, lle mae smygu'n achosi 90 per cent ohonynt.

"Mae angen mynediad at gyngor ar beidio ag ysmygu a gwasanaethau i'w cefnogi i roi'r gorau iddi."

Cynhelir Dim Smygu Cymru gan Iechyd Cyhoeddus Cymru ac mae'n darparu cyngor a chymorth hwylus am ddim ar gyfer y rhai hynny sy'n dymuno rhoi'r gorau iddi.

Yn ôl gwaith ymchwil, rydych bedair gwaith fwy tebygol o roi'r gorau iddi wrth ddefnyddio Dim Smygu Cymru nag ydych os ewch amdani ar eich pen eich hun.

Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 2 of 8	Audience: Public

Mae'r manteision o roi'r gorau iddi'n ddi-oed beth bynnag yw eich oed, o fewn wythnosau bydd eich anadlu'n gwella a byddwch yn dechrau teimlo'n lanach ac yn iachach.

Mae'r perygl o ddatblygu afiechyd difrifol yn dechrau lleihau ar unwaith ac mae hyn yn parhau wrth i'ch corff wella.

Am fwy o wybodaeth ar Ddim Smygu Cymru ffoniwch **0800 085 2219** neu ewch i [www.dimsmygucymru.com](http://www.dimsmygucymru.com)

## **DIWEDD**

Am ymholiadau'r wasg o ran Dim Smygu Cymru cysylltwch â Jo Menzies ar 01443 824166 neu [jo.menzies@wales.nhs.uk](mailto:jo.menzies@wales.nhs.uk)

Am ymholiadau'r wasg o ran ASH Cymru cysylltwch â Carole Jones ar 02920641101 neu 07593538076 neu [carole@ashwales.co.uk](mailto:carole@ashwales.co.uk)

## **Nodiadau at y Golygydd**

### **Dim Smygu Cymru**

Mae Dim Smygu Cymru yn wasanaeth rhad ac am ddim o dan GIG i gynorthwyo pobl i roi'r gorau i smygu. Mae ymchwil yn dangos eich bod bedair gwaith yn fwy tebygol o roi'r gorau i smygu gyda chymorth rhaglen fel Dim Smygu Cymru nag unrhyw ffordd arall.

Mae Dim Smygu Cymru'n darparu cyngor ar sail tystiolaeth a chymorth ymddygiad ar gyfer ysmygwyr mewn oed sydd am roi'r gorau iddi. Mae'r gwasanaeth yn cyfrannu at fentrau tybaco cenedlaethol a lleol ac felly mae ganddo rôl allweddol mewn gostwng effaith tybaco ar iechyd pobl yng Nghymru.

Ffoniwch y rhif rhadffôn **0800 085 2219** neu ewch i'r wefan am fwy o wybodaeth: [www.dimsmygucymru.com](http://www.dimsmygucymru.com)

### **ASH Cymru**

ASH Cymru yw'r unig sefydliad gwirfoddol yng Nghymru sydd â'r dasg benodol o fynd i'r afael â'r salwch iechyd a achosir gan ddefnyddio tybaco. Ein prif nod yw cael gostyngiad yn y problemau iechyd sy'n gysylltiedig â defnyddio tybaco ac yn y pendraw eu dileu'n gyfan gwbl. Gellir dod o hyd i wybodaeth bellach ar [www.ashwales.co.uk](http://www.ashwales.co.uk)

Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 3 of 8	Audience: Public

Sefydlwyd ASH Cymru ym 1976 fel cangen o ASH UK. Yn 2007 daeth ASH Cymru'n gwmni cyfyngedig annibynnol drwy warant ac yn elusen gofrestredig yng Nghymru.

## Iechyd Cyhoeddus Cymru

Sefydliad y GIG yw Iechyd Cyhoeddus Cymru sy'n darparu cyngor a gwasanaethau annibynnol, proffesiynol ar iechyd cyhoeddus i ddiogelu a gwella iechyd a lles poblogaeth Cymru.

Mae gan Iechyd Cyhoeddus Cymru bedair swyddogaeth statudol:

- Darparu a rheoli ystod o wasanaethau iechyd cyhoeddus, diogelu iechyd, gwella gofal iechyd, ymgynghori ar iechyd, amddiffyn plant a gwasanaethau labordy microbiolegol a gwasanaethau'n ymwneud â gwyliadwriaeth, atal a rheoli clefydau trosglwyddadwy;
- Datblygu a chynnal trefniadau ar gyfer sicrhau bod gwybodaeth am faterion yn ymwneud â diogelu a gwella iechyd yng Nghymru ar gael i'r cyhoedd; cynnal a chomisiynu ymchwil i faterion o'r fath a chyfrannu at ddarparu a datblygu hyfforddiant mewn materion o'r fath;
- Casglu, dadansoddi a lledaenu gwybodaeth am iechyd pobl Cymru yn benodol mewn modd systematig, gan gynnwys achosion o ganser, marwoldeb a goroesi; a mynychder anghysondebau cynhenid; a
- Darparu, rheoli, monitro, gwerthuso a chynnal ymchwil i sgrinio cyflyrau iechyd a sgrinio materion yn ymwneud ag iechyd.

[www.iechydcyhoedduscymru.org](http://www.iechydcyhoedduscymru.org)



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Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 4 of 8	Audience: Public



## Press Release

**Embargoed: 00.01hrs, Monday 31 May 2010**

### **Stop Smoking Wales and ASH Wales support World No Tobacco Day**

Stop Smoking Wales and ASH Wales are working together to support World No Tobacco Day, which this year focuses on the impact on women of smoking.

The day, on 31 May, is part of the World Health Organization's Tobacco Free Programme and will be designed to draw particular attention to the harmful effects of tobacco marketing towards women and girls.

Smoking has particularly serious consequences for pregnant women, yet in Wales more than a third of women smoke during pregnancy.

Smoking during pregnancy is associated with a range of adverse health impacts on an unborn child including premature births, low birth weight, birth defects, miscarriage and cot death.

Mererid Bowley, Locum Consultant in Public Health for Stop Smoking Wales, said: "Smoking increases the risk of cancer in almost every organ and tissue of the body, but especially cancer of the lung, throat and stomach. The risk of heart disease, stroke and serious lung disorders are also increased significantly by smoking.

"Some of the specific effects on women's health of smoking can include cervical cancer, infertility, early menopause, osteoporosis and premature ageing.

Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 5 of 8	Audience: Public

“Stop Smoking Wales is concerned about the effects of smoking on women’s health and in particular the numbers of women who continue to smoke during pregnancy.

“World Tobacco Day, with its focus on women and tobacco, is an ideal opportunity to remind people in Wales that we offer a free NHS service that can help you quit for good.”

Longer term health damage for children exposed to tobacco smoke during pregnancy and in the home includes increased risk of more respiratory illnesses and glue ear, which can cause hearing problems, during the childhood years.

Smoking in teenage girls is also of concern in Wales with around 27.5 per cent of 15-16 year old girls smoking compared with 19 per cent of boys the same age.

Tanya Buchanan, Chief Executive of ASH Wales, stated: “The World Health Organization’s decision to focus on women and tobacco marketing for this year’s campaign is particularly relevant as Wales considers the draft tobacco control regulations outlined in the 2009 Health Act to ban the display of tobacco products at the point of sale and their sale from vending machines.

“Tobacco displays are designed to look attractive to young people and the only way to effectively ensure that young people are given greater protection from tobacco marketing is to ensure tobacco products are placed out of sight.

“The evidence from Ireland shows that these measures are having a significant effect.

“We also need to tackle the unacceptably high rates of smoking amongst young women in Wales to address the worrying upward trend in women’s lung cancer rates, 90 per cent of which are caused by smoking.

“Women need access to cessation advice and services to support them in quitting.”

Stop Smoking Wales is run by Public Health Wales and offers free friendly advice and support for people wishing to quit.

Research shows you're four times more likely to quit using Stop Smoking Wales than if you go it alone.

Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 6 of 8	Audience: Public

The benefits of quitting are immediate whatever age you are, within weeks your breathing will improve and you will begin to feel cleaner and healthier.

The risk of serious illness starts going down immediately and this continues as your body recovers.

For more information on Stop Smoking Wales call **0800 085 2219** or visit [www.stopsmokingwales.com](http://www.stopsmokingwales.com)

## **ENDS**

For press enquiries for Stop Smoking Wales please contact Jo Menzies on 01443 824166 or [jo.menzies@wales.nhs.uk](mailto:jo.menzies@wales.nhs.uk)

For press enquiries for ASH Wales please contact Carole Jones on 02920641101 or 07593538076 or [carole@ashwales.co.uk](mailto:carole@ashwales.co.uk)

## **Notes to Editors**

### **Stop Smoking Wales**

Stop Smoking Wales is a free NHS service managed through Public Health Wales, which helps people quit smoking. Research has shown you are four times more likely to quit with a support programme like Stop Smoking Wales than in any other way.

Stop Smoking Wales provides evidence based advice and behavioural support for adult smokers who want to stop smoking. The service contributes to national and local tobacco control initiatives and as such, has a key role in reducing the impact of tobacco on the health of people in Wales.

Call the freephone number **0800 085 2219** or visit the website for more information: [www.stopsmokingwales.com](http://www.stopsmokingwales.com)

**ASH Wales** is the only voluntary organisation in Wales with the sole task of tackling the ill health caused by tobacco use. Our main aim is to achieve a reduction in, and eventual elimination of, the health problems associated with tobacco use. Further information can be found at: [www.ashwales.co.uk](http://www.ashwales.co.uk).

ASH Wales was established in 1976 as a branch of ASH UK. In 2007 ASH Wales became an independent company limited by guarantee and a charity registered in Wales.

Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 7 of 8	Audience: Public

## Public Health Wales

Public Health Wales is an NHS organisation providing professionally independent public health advice and services to protect and improve the health and wellbeing of the population of Wales.

Public Health Wales has four statutory functions:

- To provide and manage a range of public health, health protection, healthcare improvement, health advisory, child protection and microbiological laboratory services and services relating to the surveillance, prevention and control of communicable diseases;
- To develop and maintain arrangements for making information about matters related to the protection and improvement of health in Wales available to the public; to undertake and commission research into such matters and to contribute to the provision and development of training in such matters;
- To undertake the systematic collection, analysis and dissemination of information about the health of the people of Wales in particular including cancer incidence, mortality and survival; and prevalence of congenital anomalies; and
- To provide, manage, monitor, evaluate and conduct research into screening of health conditions and screening of health related matters.

[www.publichealthwales.org](http://www.publichealthwales.org)



Version: 1	Date: 24/05/2010	Status: Final
Author: Siobhan Jones	Page: 8 of 8	Audience: Public