

Dear Hon. President Mrs Rita Fan

I write to appeal for putting forward legislation of "No Smoking in all Public Place".

It's an opportunity for us to improve the air situation of Hong Kong. Turn it into a better place to live, for business and tourist. Build a healthy image for ourselves.

Let's join hand and use our care and love to heal the place. Yes, you can.

In addition to wearing facemasks, building up strong immune system yourself, you can help by reducing other health threatening agents. An obvious one is "**Passive smoking - i.e. second-hand cigarette**".

Today when I'm walking on the street I saw people wearing mask and some others smoking a cigarette. I have been anti-cigarette smoking for long. But this time, the reason why I propose "**NO SMOKING IN ALL PUBLIC PLACE**" is for the sake of saving our own lives -- all of us who live in Hong Kong.

Let's start from ourselves, extend to our family and friends, and everyone in this place.

- * If you smoke, I encourage you to stop smoking from today
- * I would like to invite you to do the same to your family, relatives, friends and colleagues, for their health and everyone of Hong Kong
- * If you must smoke -- which I honour your freedom -- please make sure nobody will breath in your "second-hand" cigarette -- i.e. not on the street, in the office, restaurant, and other public places

The article I attach below said the following :

- As in all diseases of the lungs, **cigarette smoking** is detrimental to the development of and recovery from pneumonia
- **How Can Pneumonia Be Prevented? maintain a healthy lifestyle; good nutrition, regular exercise**, proper rest and **Hand washing**. **Cigarette smoking** should be discontinued to avoid a multitude of health consequences, including pneumonia.

Let's heal the place. You can contribute.

Yours
Sean LIN
President, HKUST Alumni Association

Extracted from <http://www.lifemd.com/pneumonia.php>

PNEUMONIA

What Is Pneumonia? Pneumonia is an **inflammatory disease of the lungs**, involving the small airways (bronchioles) and air sacs (alveoli) where gas exchange occurs. Pneumonia has **multiple causes**, and can **vary** considerably in its **severity**. Although some patients experience only a minor illness, pneumonia is among the leading causes of death in North America. It affects primarily people aged 65 or older, although it can occur at any age.

What Causes Pneumonia? The causes of pneumonia may be classified as bacterial, atypical, or aspiration (although there are multiple other classification systems). The **bacterium** most commonly responsible for pneumonia is **Streptococcus pneumoniae**, also called **pneumococcus**, but multiple species of bacteria may be to blame. Often, bacterial pneumonia begins as a simple cold or flu that suddenly worsens. The term **atypical pneumonia** refers to non-bacterial pneumonia caused by a **virus, fungus, mycoplasma**, or infection by another micro-organism. **Aspiration pneumonia** is caused by inhalation of foreign matter into the lungs; for example, in an immobile, unconscious, or paralyzed person, vomit may regurgitate into the respiratory tract. **Generally, pneumonia occurs in people whose immune or respiratory systems are compromised**, whether by **advanced age, underlying illness** (e.g. emphysema, chronic bronchitis and AIDS), **medications** (chemotherapy drugs or corticosteroids), **recent surgery**, or **malnutrition**. As in all diseases of the lungs, **cigarette smoking** is detrimental to the development of and recovery from pneumonia.

What Are The Signs And Symptoms Of Pneumonia? Patients with pneumonia commonly have **fever, muscle aches, and fatigue**, which may be accompanied by **shortness of breath and painful breathing**. **Bacterial** pneumonia is suspected when there is a high fever of sudden onset, body-shaking **chills**, and a **cough** which brings up green, yellow, or rust-coloured sputum. **Viral** pneumonia is more likely with a dry, non-productive cough, and a lower fever, and is more common in **children**. Often, pneumonia develops after an upper respiratory infection (a cold or flu) which suddenly worsens rather than resolving in due course.

How Is Pneumonia Diagnosed? Pneumonia will be suspected in patients who complain of **the symptoms described above, particularly if they also have** compromised immune systems. To confirm the diagnosis, a **chest x-ray** will be performed, which will demonstrate a clearly defined area of inflammation. In addition, **blood samples** may be taken to check for increased white blood cells and antibodies, indicative of infection, and **sputum (phlegm) samples** may be examined to determine the specific microbial culprit.

What Is The Treatment For Pneumonia? The treatment of pneumonia depends on the cause and severity of illness as well as the patient's **general health status**.

Hospitalization is generally not required, depending on the patient's health, age, living arrangements, and ability for self-care. **Antibiotics** are generally successful in treating **bacterial** pneumonia; however, an increasing number of pneumonia-causing species are developing resistance to drugs. **Anti-viral medications** may be prescribed for pneumonia of viral origin. Note that **antibiotics are not effective against viruses**, and in fact, inappropriate prescription of antibiotics is a major cause of their growing ineffectiveness against resistant bacterial strains! Lots of **rest** and **fluids** are important in ensuring a speedy recovery; rest is important in any case of fever, and fluid intake helps to cough up secretions and clear the lungs. Patients may find their **chest discomfort** relieved by using a **heating pad** or hot water bottle, and an **air humidifier** can ease breathing. **Over-the-counter pain medications** containing acetaminophen or ibuprofen should ease headache, muscle aches, and fever. After diagnosis and treatment of pneumonia, a **follow-up appointment** is commonly booked a month to six weeks later.

How Can Pneumonia Be Prevented? Because pneumonia most often afflicts people who are already ill, the best prevention is to **maintain a healthy lifestyle; good nutrition, regular exercise** and proper rest are all important. **Hand washing** is key in the prevention of all infectious diseases, and **cigarette smoking** should be discontinued to avoid a multitude of health consequences, including pneumonia. People with compromised immunity (for reasons listed above) should be **vaccinated** with both the **pneumococcal vaccine** and a yearly **flu shot**. The flu shot must be administered annually prior to flu season (e.g. late autumn or early winter), whereas the pneumonia (pneumococcal) vaccine can be administered at any time of year; it is especially important since many strains of pneumococcus are not responsive to antibiotics