

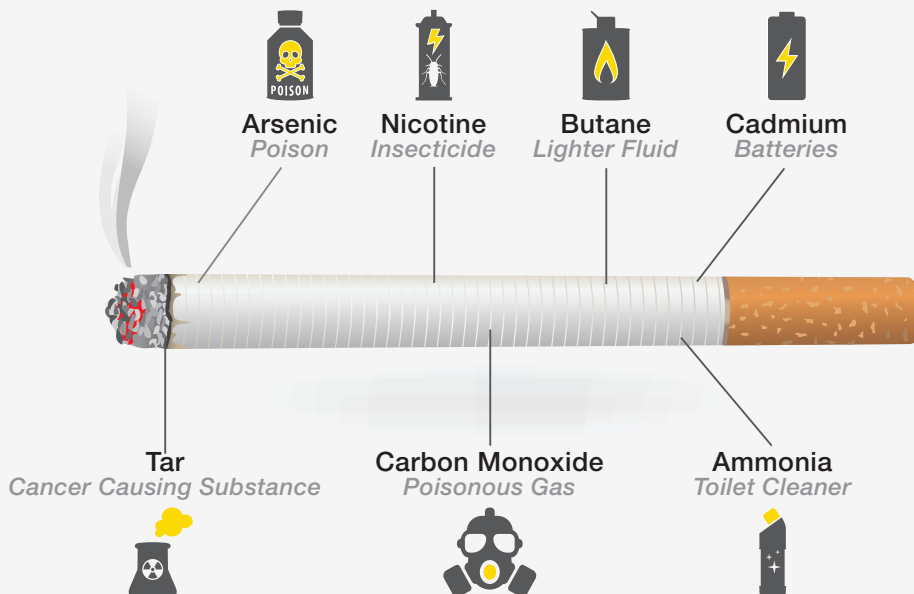
NO TOBACCO DAY

There are currently
1 Billion
smokers worldwide.⁽¹⁾

Tobacco kills nearly
1/2
of its users.

Every year nearly
6,000,000
people die due to tobacco related diseases.

There are more than **4,000** chemicals
in tobacco smoke, of which at least 250 are known to
be harmful and more than 50 are known to cause
cancer.⁽¹⁾



Why is smoking tobacco so addictive?⁽²⁾

Smoking tobacco is both a physical addiction and a psychological habit. The physical addiction comes from nicotine which is 'reinforcing' drug, as it causes many smokers to continue to smoke in order to avoid the pain of withdrawal symptoms. On the other hand, the act of smoking is ingrained as a daily ritual making it a psychological habit that gives pleasure.

STOP SMOKING TO START LIVING



BENEFITS OF QUITTING SMOKING

Your journey to smoke free living might be tough but it will change your life in many positive ways.



20 minutes

after quitting, your BP and heart rate recover from the cigarette induced spike.



1 week to 9 months

of smoke free living gradually returns clear and deeper breathing.



5 years

after quitting, a person's risk of stroke is similar to that of a non-smoker.

Sources:

- (1) WHO Website (www.who.int. Tobacco Factsheet)
- (2) American Cancer Society (www.cancer.org)
- (3) American Heart Association (www.heart.org)

Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.