

QUIT SMOKING TODAY.....NOW

**1 in 10 adult deaths are due to tobacco.....
Don't be one of them!**



**Dr.A.V.Baliga Memorial Hospital
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Smokers Note it:

- Hair loss, wrinkling of skin, bad breath and discolored fingers is just some of the side effects of smoking.
- Smoking makes bones brittle, making you prone to injuries.
- Smoking for more than 20 years will reduce your lifespan by 20 to 25 years.
- Smoking kills nearly 5 million people each year worldwide.
- Smoking already kills one in 10 adults worldwide
- By 2030, the proportion will be one in six or 10 million deaths per year.

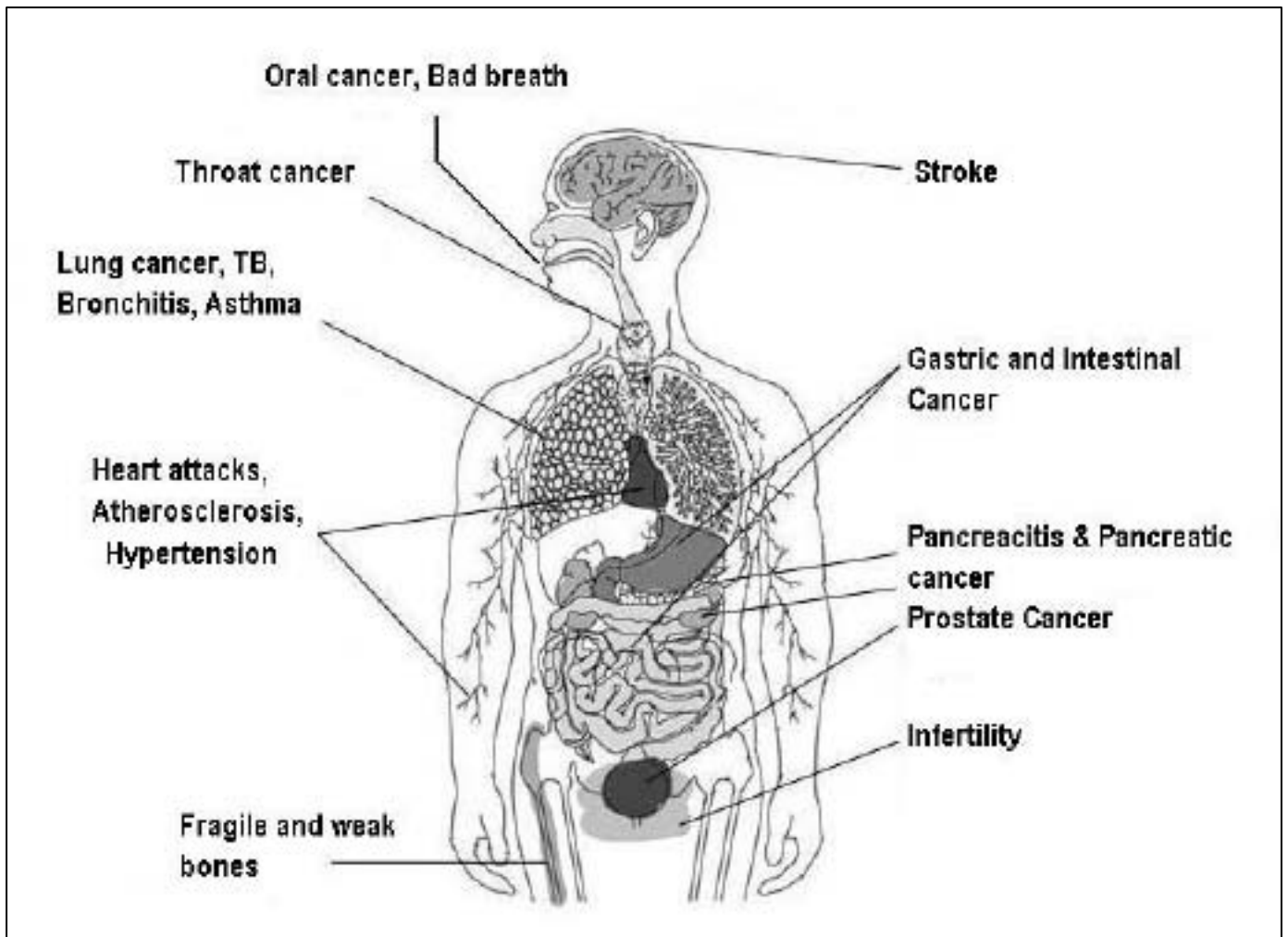
Dangerous chemicals that enter our body during smoking:



There are 4,000 chemicals in cigarette smoke - 60 of which are cancer inducing substances

- Nicotine – an intake off 60 mg can kill; each stick has 15-20 mg
- Tar – an irritating & cancer-causing substance
- Ammonia – makes smokers addicted
- Lead – stunts growth & causes brain damage
- Cadmium – highly toxic, found in car batteries that causes liver, Kidney & brain damage

Long term ill effects of smoking :



The changes occurring inside the body after you quit smoking:

20 minutes	BP & pulse rate drops to normal Body temp of hands & feet increases to normal
8 hours	CO level in your blood drops to normal O2 in our blood increases to normal
24 hours	chance of heart attack decreases
48 hours	nerve endings start growing again ability to smell & taste is enhanced nicotine is no longer detectable in the body
2 wks -	circulation improves, walking becomes easier lung
3 months	function increase up to 30%
1 to 9 months	cough, sinus congestion, fatigue & shortness of breath decrease cilia grow again in your lungs, increasing ability to handle mucus, clean the lungs & reduce infection
1 year	risk of coronary heart disease is \square that of a smoker
5 years	lung cancer death rate decreases by almost \square stroke risk is reduced to that of non-smoker 5-15 years after quitting Risk of cancer of the mouth, throat & esophagus is half that of a smoker's risk.

What happens when you quit smoking?

For a short period you may feel the following symptoms:

- Irritation
- Fear and Anxiety
- Sleeplessness
- Headache
- Anger
- Craving for tobacco
- Lack of interest

All you have to do is -

- Fix a date to quit smoking
- Tell this to all your friends and relatives
- Stop purchasing tobacco products.
- Keep away from Matches, lighters and ash tray
- Tell yourself that 'I'll not smoke today'
- Drink lots of water and fruit juices
- Reduce coffee and tea intake

- Use polo, mint or candies as substitutes
- If you still have craving consult the doctor for medicine.
- Use Nicotine chewing gums under doctor's consultation.
- Save the money you spend on tobacco and watch it grow. Use this money to purchase gifts for your friends or donate it to any charities.
- Whenever you feel to smoke divert your mind by involving in activities like watering the plants, calling your friends etc.
- Spend more of your time at non smoking zones like Library, Temples etc.
- Just remember the ill effects of smoking whenever you feel to smoke
- Paste a memo with written "I don't smoke" in your room
- Drink lots of water or take some deep breaths when you have craving
- Encourage your friends to keep away from smoking and make friendship with non smokers
- Observe the Physical, Mental changes in you and be proud of your growing confidence level after quitting the smoking.

We will help you -

- Teach you coping skills to handle craving for tobacco
- Prescribe medications if necessary
 - Nicotine chewing gums
 - Anti craving drugs



Smoking, Tobacco chewing are the treatable disorders and we have right treatment for these problems. ***Dr.A.V.Baliga Memorial Hospital*** has separate ***Smoking and tobacco cessation clinic*** working hard to uproot these social evils from the society. A team of dedicated Specialist psychiatrists, Counselors, Yoga consultants and Social workers is available here all the time.