

World 'No Tobacco' Day

World No Tobacco Day is observed every year on May 31st. With the high prevalence of smoking (35 per cent men and six per cent women) public places are full of smoke. As a nation, we blew away Rs.200 billion in 2011 in smoking Cigarette alone.

Shisha / Hooqah increase the level of Carbon monoxide which is seven times harmful than cigarette smoking. So, be aware & refrain.

Short Term Disadvantages

- Teeth Disease
- Gum Disease
- Change in lip color

Long Term Disadvantages

- Mouth Cancer
- Liver Cancer
- Chest Cancer
- Lung Cancer
- Cervical Cancer
- Hypertension
- Heart attack
- Osteoporosis

Tips for Quitting Tobacco:

- Be Honest with ourselves – make commitment today to quit tobacco
- Treat this Addiction as a disease – Consult with doctor
- Don't Delay – Tomorrow never comes
- For others – Think of your children, spouse, parents and friends
- Celebrate our victory – Reward ourselves

**Make
every day
World No
Tobacco Day.**

www.who.int/tobacco



World Health
Organization

31 MAY

**It's Better to-back from Tobacco, before Tobacco back
you in grave, so promise to leave tobacco, before the life
leave you**

“Say No to Tobacco & Yes to life”

This epidemic kills 100,000 people every year
in Pakistan