

TOBACCO CONTROL

EMPOWERING THE INDIVIDUAL

Many people smoke because of the influence of family members, peers and advertisements.



Tobacco is harmful because:

Tobacco smoke contains harmful components like nicotine, tar and substances that cause cancer (carcinogens).

It is addictive.

The dangers of smoking are:

Major killers:

heart disease, emphysema, lung cancer

Cardiovascular diseases:

stroke, peripheral vascular disease, aneurysm

Other cancers:

larynx, pharynx, oral cavity, oesophagus, kidney, bladder, pancreas, cervix, and some forms of leukaemia

Respiratory diseases:

respiratory illnesses, chronic cough and sputum, and increased asthma attacks (especially in children and young people)

Alimentary tract:

peptic ulcer

Reproductive system:

reduced fertility, risk to foetus, low birth weight, increased perinatal mortality.



Second hand smoking is:

The involuntary inhaling of smoke from cigarettes, etc., smoked by other people.

Effects on children:

increased respiratory infection, increased eczema and asthma, and decreased lung function.

Effects on adults:

lung cancer, severity of asthma, and other allergic reactions and major vascular diseases.

Social consequences:

smell in clothing and hair, decreased visibility.

You should stop smoking:

to reduce the risk of you or some one else getting any of the diseases described on this handbill and develop a healthy lifestyle.