



Smoking Causes Lung Cancer

Cigarette smoke releases almost 4000 poisonous chemical substances and 53 of these chemical substances can cause cancer. Smoking increases the risk of life-threatening diseases such as lung cancer. Lung cancer is the type of cancer that most frequently affect men. It is closely related to smoking. If you contract lung cancer, chances of recovery are slim.

Save Yourself From Lung Cancer

- Every inhalation brings death.
- Why do you need to poison yourself ?.
- Don't allow the cigarette smoke to destroy your lungs.
- Save yourself from lung cancer.
- Act wisely, do not smoke.

Your Family And Loved Ones

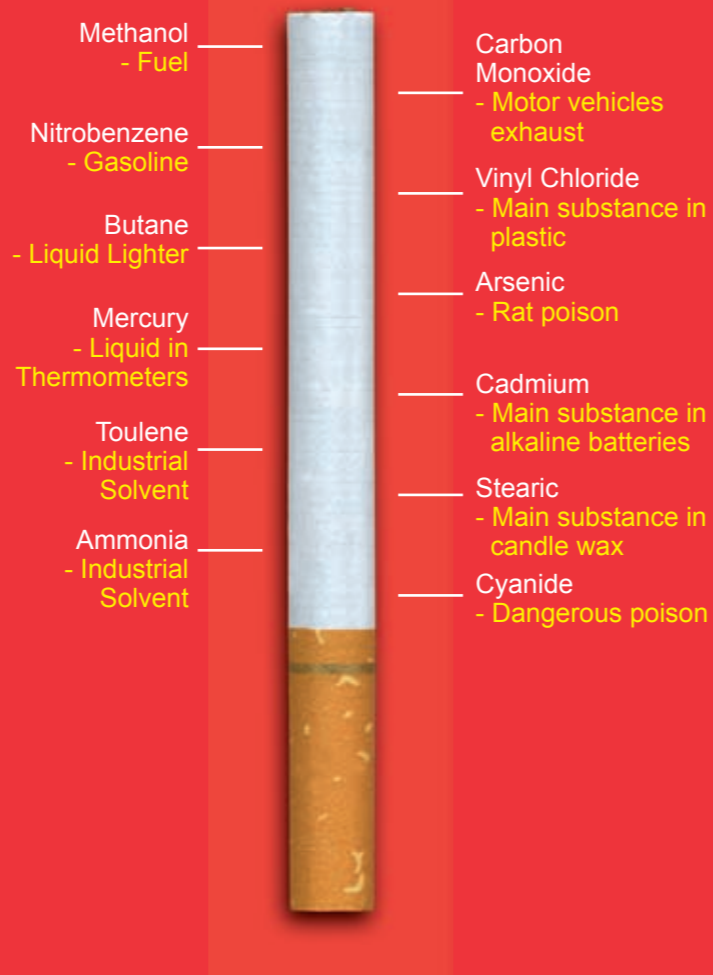
Your family and friends would feel remorse if they come to know that you are suffering from lung cancer. The emotions of those who love you would be disturbed seeing your life disintegrate right before their eyes. Your life would only revolve around the bondage of medical dependency.

Quit smoking – If not for yourself, do it for your children.

Toxic Substances In The Cigarette Smoke

There are thousands of poisonous chemical substances in cigarette smoke.

Below are some of the substances and where they are usually found:



Quit Smoking Now

- You are killing yourself and those around you.
- Make a wise decision.
- Set yourself free from nicotine addiction.
- Stop before it's too late.
- Save yourself and your loved ones.
- Get medical help to enable you to stop smoking.



Tips to Quit Smoking

- Learn about the dangers of smoking.
- Announce your decision to quit smoking to everybody you know.
- Get rid of every item that has any connection with cigarettes like ash trays, lighters, etc.
- Drink lots of water, this will help to flush away the toxins in your body.
- Eat more fruits and vegetables to reduce your addiction to nicotine.
- Adopt an active lifestyle, sport activities would help to facilitate blood circulation to your entire body. Exercise can help to regulate body temperature and proper functioning of your organs. Exercising is good for you.
- Avoid places where smoking is common, eg. night clubs, karaoke centers and bars.
- Refuse any cigarette offer. Try to stop smoking completely, otherwise this would hamper your effort to quit and you may be inclined to smoke again.



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Environment

Free

From

Cigarette
Smoke

Taknak!
Merokok

Infoline berhenti merokok

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