

TIPS TO STOP SMOKING



- Educate yourself about the danger of smoking.
- Announce your decision to stop smoking to everyone.
- Get rid of all cigarette related materials. Example: ashtray, lighters etc.
- Drink a lot of water; this will help detoxify the body.
- Consume more fruits and vegetable to lessen the addiction of nicotine.
- Lead an active life; sporting activities will help to improve blood circulation and increase one's agility. Exercise will also induce the body to normalise its temperature and a direct way of inculcating a good habit.
- Avoid places where smoking cigarettes are a social custom. Such places are like nightclubs, karaoke centres and pubs.
- Learn to decline cigarette offers. Try not to smoke at all, or else this will interrupt your effort to stop smoking and you may fall prey to cigarette again.

QUIT SMOKING



- Do not smoke. Great future awaits you and your family.
- Indulge in healthy activities like sports and hobbies.
- There is more to life than being hooked to a wasteful addiction.
- Express it in positive way. Be active. Be free from addiction

CIGARETTES CAUSE STROKE

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- The chemicals released by the cigarette smoke affect various organs in the body. Smoking increases the risk of deadly diseases and caused 10 - 12% of deaths in Malaysia. Stroke is strongly associated with smoking.
- Nicotine from tobacco smoking damages the blood vessels.
- The walls of the vessels will be thickened and narrowed hence blood flow will be difficult.
- Stroke is caused by clogged blood vessels in the brain.
- Parts of your body will be paralysed and it may be fatal.

REDUCED YOUR RISK OF GETTING STROKE

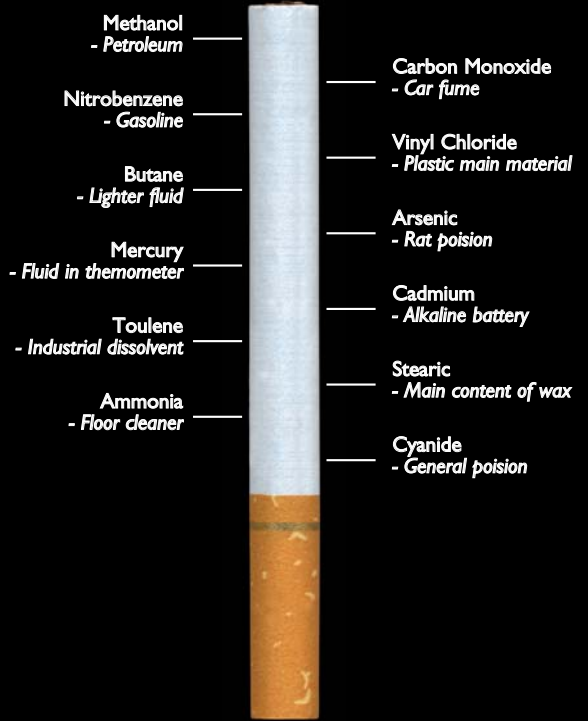


- Smoking increases the risk of stroke.
- Reduce your risk by quit smoking.
- Don't let yourself and family live in misery.
- Help yourself.
- Lead a healthy life.
- Don't smoke.

TOXIC MATERIALS IN TOBACCO SMOKE

There are thousand of poisonous chemicals found in tobacco smoke.

Below are only a few and where they are commonly found:



QUIT SMOKING NOW!

- You are killing yourself and the people around you.
- Make a wise decision.
- Free yourself from nicotine addiction.
- Quit before it's too late.
- Save yourself and your loved ones too.
- Get medical help to assist you to quit smoking.