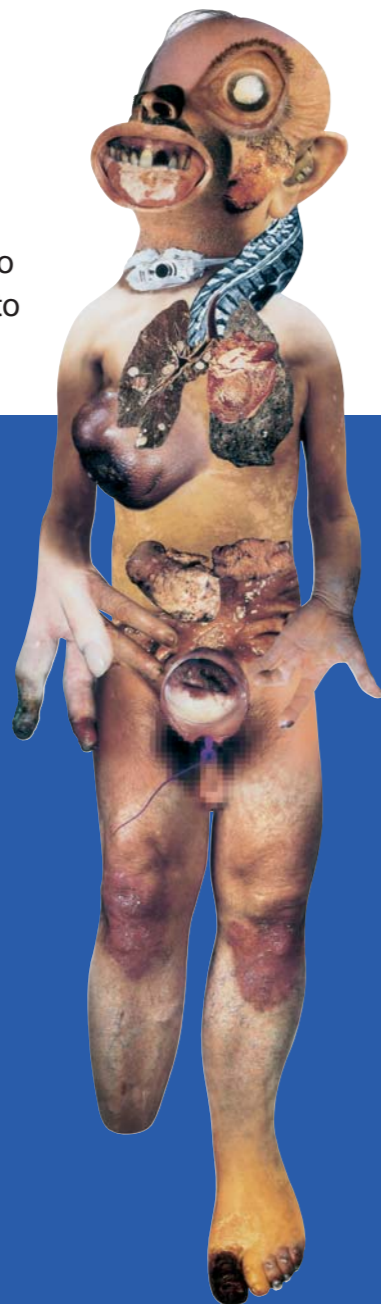


SMOKING CAUSES HARMFUL DISEASES

Smoking is a bad habit that will lead to addiction. Cigarette smoke is related to 40 types of serious diseases like :

- Heart Diseases
- Cancer
- High Blood Pressure
- Lung Infection
- Stroke
- Teeth and Gum Disease
- Eye Disease
- Stomach Ulcer
- Osteoporosis
- Arteriosclerosis



FOLLOW THE RIGHT WAY OF QUITTING

Fix a date to quit	Be confident that you can make it	Write reminders	Say to yourself "I'm not a smoker"
Look forward to that day	Always be positive	Get support	Fight your urge to smoke
Use Nicotine Replacement Therapy	Follow the tips of 12 D	Delay smoking	Drink lots of water
Deep breath	Do something	Distance yourself from other smokers	
Do chew something	Do bathe frequently	Do stretching exercises	
Do meditation	Distract yourself from situations which encourages smoking	Do pray	



Kementerian Kesihatan Malaysia

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INFORMATION FOR WORKERS

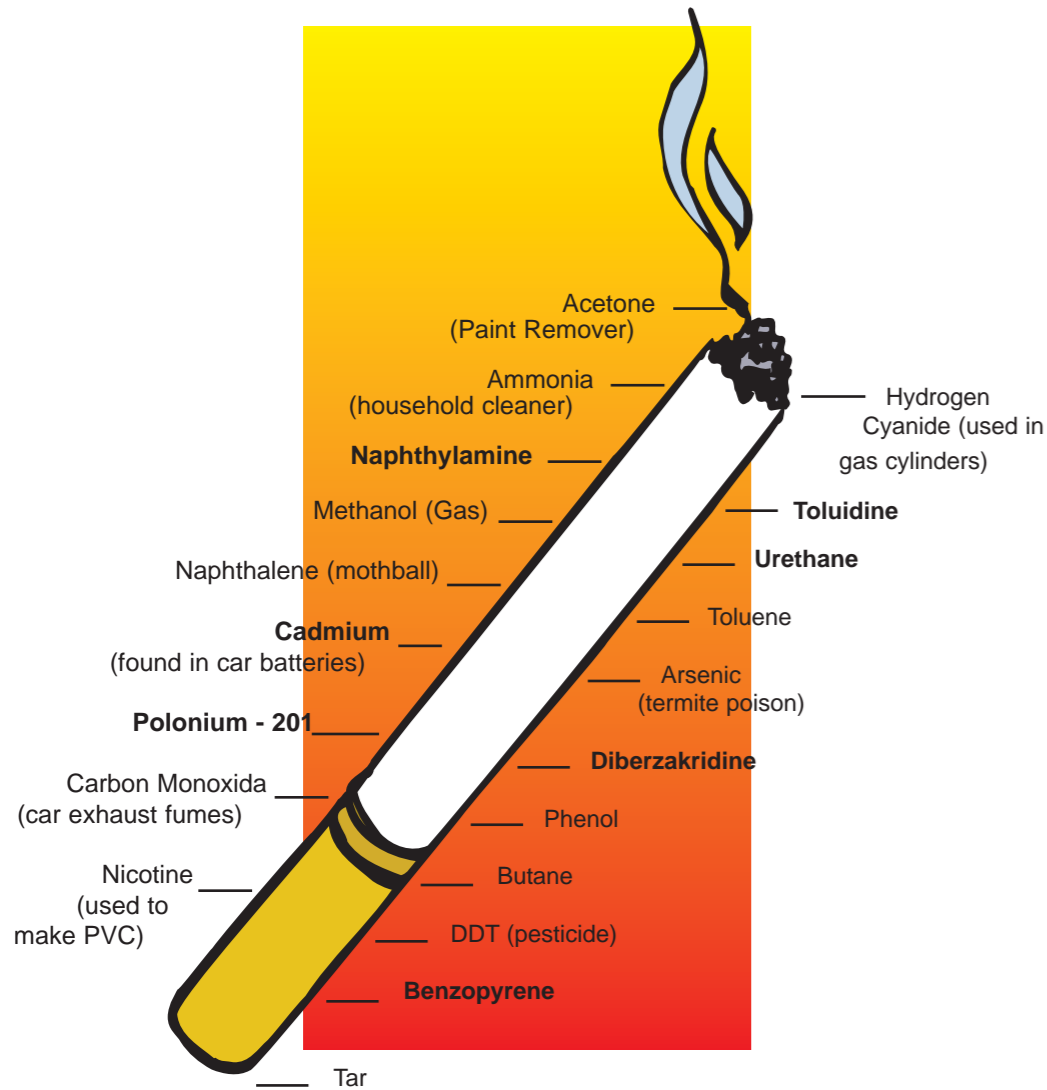
FREE YOURSELF FROM CIGARETTES!



SMOKE-FREE HEALTHY WORKER

HAZARDOUS CHEMICALS IN CIGARETTE SMOKE

Each cigarette contains harmful poisons



CIGARETTE SMOKE

ALSO HARMS THE HEALTH OF NON SMOKERS

What is **Passive** smoking?

Passive smoking is the combination of side-stream smoke released from the lit end of cigarettes and main stream smoke exhaled by a smoker.

Who are **Passive** smokers?

Passive smokers are non-smokers who are exposed to cigarette smoke for 15 minutes for 2 days in a week (WHO).

Are you a **Passive** smoker?

Passive smokers face a high risk of developing smoking related diseases :

- 30% higher risk of getting lung cancer
- 25% higher risk of getting heart disease

In general, **Passive** smokers also suffer other ailments such as :

- Cough
- Eye Irritation
- Nausea
- Headache

Passive Smoke Is A Proven Threat To Your Health And Productivity

Keep away from cigarette smoke. Demand and advocate for a smoke free workplace.

BE WISE QUIT SMOKING

Why you should quit?

You can:

- Stop poisonous chemicals getting into your body
- Prevent the risk of getting diseases
- Enhance fertility
- Overcome impotency
- Build your stamina
- Improve sense of taste and smell
- Be more active
- Have healthier skin
- Have fresh breath
- Have brighter teeth
- Be healthier
- Protect others
- Save money
- Enjoy a clean and smoke-free home and workplace



Quitting smoking is worth the effort. Here are the health benefits you can expect :-
After...

...2 hours
the process of nicotine elimination from the blood stream will begin

...6 hours
blood pressure and pulse rate will return to normal

...24 hours
carbon monoxide is eliminated from your body, thus more oxygen will be absorbed by the body cells

...2 days
senses of taste and smell will improve

...a few weeks
the cilia in the respiratory system will be fully effective

...2 months
blood circulation improves especially in your hands and feet

...3 months
Improves fertility

...5 years
The risk of having a heart attack falls to about half that of a smoker

...10 years
The risk of developing lung cancer is now about half that of a smoker's. The risk of suffering a heart attack is the same as someone who has never smoked

...15 to 20 years
The risk of lung cancer is reduced to that of a non smoker