

TIPSTO 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.

ALARMING FACTS ABOUT SMOKING

- 50% of Malaysian males are smoker.
- In Kuala Lumpur, the ratio between males and females smokers aged below 30 years is 5 : 1.
- The percentage of teenagers and female smokers are on the rise. 25% of schoolchildren aged 15 and above have tried smoking and 70% of the same group will continue to smoke after they leave school.
- 60 -75% of cigarette smoke are inhaled by non smokers.
- Only 50% of smokers pass the age of 70.
- Malaysians spend a total of RM1.5 billion annually on cigarettes.



**CIGARETTES
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CIGARETTES CAUSE HEART ATTACK



Smoking is undoubtedly a bad habit. Unfortunately about 50% of Malaysian men smoke. Smoking is now known to be the major risk factor for deadly diseases that cause 10-12% of deaths in Malaysia. Myocardial infarction or heart attack is strongly associated to smoking.

LOVE YOUR HEART

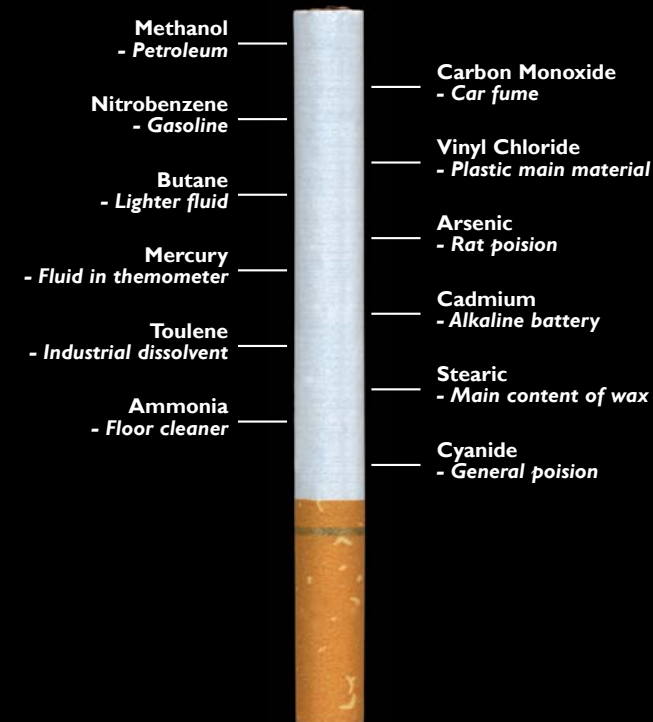


- Smoking increases the risk of heart attack.
- Reduce your risk by quitting smoking.
- Do not let cigarette smoke kill you.
- Keep away from second hand smoke.
- Learn to love your heart.
- Help yourself.
- Don't smoke.

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.