

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.

THINK ABOUT YOUR PARTNER



Marriage is the starting point of a sacred and wonderful relationship. Impotency contributes to unnecessary hostility between couples that will then jeopardise the family boundage.

Don't be selfish quit smoking - think about others, think about your better half.



**CIGARETTES
CAUSE
IMPOTENCY**

CIGARETTES CAUSE IMPOTENCY



- Cigarettes contain various harmful substances including nicotine.
- Repetitive smoking leads to nicotine dependence and addiction.
- Nicotine causes narrowing of the blood vessel in the penis. Therefore nicotine causes impotency.
- Sperm quality will be affected.
- The ability to have erection will decrease and sex drive will reduce.

YOUR SEX LIFE WILL BE AFFECTED



- Sex is important in ones life.
- It helps you to enjoy a wonderful marriage.
- Save yourself from impotency.
- Never let yourself become the victim of nicotine.
- Be wise, 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.