

TIPSTO STOP SMOKING



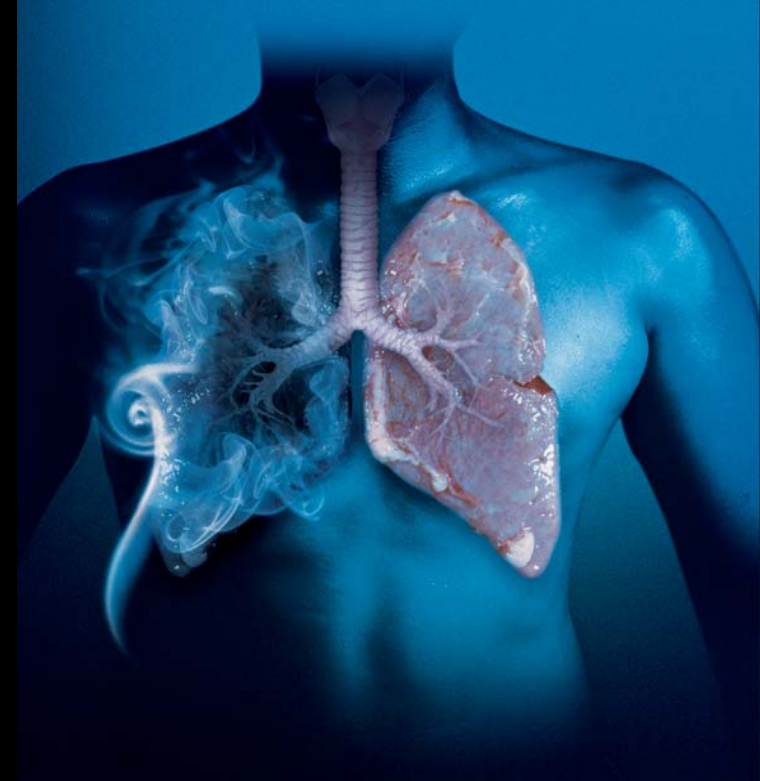
- Educate yourself about the danger of smoking.
- Announce your decision to stop smoking to everyone.
- Get rid of all cigarette related materials. Example: ashtray, lighters etc.
- Drink a lot of water; this will help detoxify the body.
- Consume more fruits and vegetable to lessen the addiction of 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.

YOUR FAMILY AND LOVED ONES



Your family and friends will be deeply saddened if they learn that you are suffering from lung cancer. Your loved ones will be emotionally affected while your life crumbles before their eyes. Your daily ordeals will be entangled around expensive medical needs.

Quit smoking – if you don't love yourself, there are others who do.



CIGARETTES CAUSE LUNG CANCER

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Cigarette smoke releases about 4000 poisonous chemicals and approximately 53 of these chemicals may cause cancer. Smoking increases the risk of deadly diseases such as lung cancer. It is the most common cancer among males and is strongly associated with smoking. Once affected, the chance of cure is very slim.

SAVE YOURSELF FROM LUNG CANCER

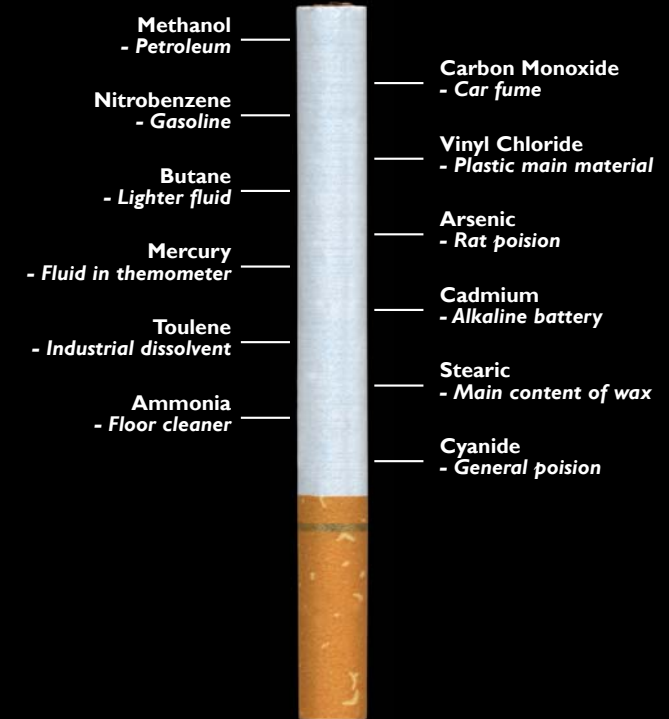


- Every puff you take damages your body!
- Why poison yourself?
- Do not let cigarettes smoke harm your lungs.
- Save yourself from lung cancer.
- Be wise, don't smoke.

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 youself and your loved ones too.
- Get medical help to assist you to quit smoking.