

KNOW WHAT YOU DO...

Tobacco is addictive. It contains nicotine, a substance that makes people get addicted and can make it very hard, but not impossible, to quit.

- Cigarettes, Beedis, Cigars, Chuttas, Pipe and Hookah are the smoking forms of tobacco.
- Gutkha, Pan Masala, Khaini, Zarda, Kaddi pudi, chewing tobacco leaves, snuff are the forms of smokeless tobacco used in our region.

DO YOU KNOW?

- One cigarette or one beedi contains 4000 harmful chemicals, which reduces 7 minutes of your life.
- One packet of Panparaag, Gutkha, Khaini or Hans contains 3000 harmful chemicals, which causes many problems in the mouth, most commonly leucoplakia which is seen as a white plaque and gum disease.

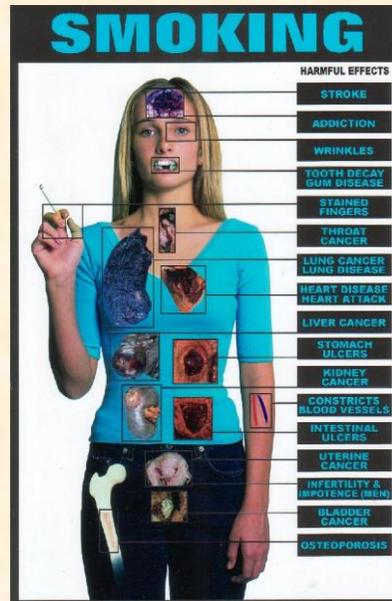


Chemicals in one cigarette or one packet of chewing tobacco

For those two minutes of satisfaction...

Your long time gains...

- Increased risk of cancer in mouth, throat, maxilla, lungs, oesophagus, stomach, urinary bladder.
- Sexual impotence in men, miscarriage and infertility in women.
- An aged skin, stained teeth, bad odour, mouth ulceration, difficulty in swallowing.
- Heart attacks, increased BP, chronic cough and lung disease, treatment resistant diabetes mellitus, hyper tension and reduced physical stamina.
- Higher risk of having miscarriage, low birth weight babies, still births and low bone density in women smoking in their reproductive age.
- Problems to family, friends and co-workers from the smoke of the cigarettes - exposing them to the same dangers.



WHY SHOULD YOU QUIT?

- Your tobacco use will be a bad influence on peers, younger children and other family members (brothers, sisters, sons, daughters etc).
- You will save money by not buying tobacco, lighters, ashtrays, matches and so on.
- You will look and feel younger because tobacco users are more likely to develop wrinkles at an earlier age.
- Your clothes may last longer (no chance of accidentally burning a hole).
- Quitting reduces bad breath, mouth ulcers.
- No more yellow teeth or fingers.
- Regardless of your sport or activity, your performance, endurance and ability to play the game will improve after you quit.
- No more looks of disapproval or feelings of guilt.
- No more nagging from people asking when you're going to quit.

HAVE YOU TRIED TO QUIT?

If you smoke or chew ... QUIT NOW

... It's never too late to quit.

- Tried to quit and it was not possible? What happened then?
- Feel more tensed? Do relaxation exercises
- Finding it difficult to concentrate? Take a break, look at a nice picture, stand in the balcony or near window and look outside

- Difficulty in sleeping? Do not drink coffee, tea or aerated drinks after 6 pm
- Feel irritable and frustrated? Take a walk, exercise, use relaxation or meditation techniques

STEPS FOR QUITTING

- ❖ **Pick a quit date.** Choose a date 1 to 2 weeks away so that you can get ready to quit. If possible, choose a time when things in your life will change or just pick a time when you don't expect any extra stress at school, work or home.
- ❖ **Make a list of the reasons** why you want to quit. Keep the list in hand so that you can look at it when you have a nicotine craving.
- ❖ **Keep track** of where, when and why you smoke or chew
- ❖ **Throw away** all of your tobacco
- ❖ **Tell** your friends and family members that you're quitting
- ❖ **STOP**, when your quit date arrives.



Things to do.....

.....instead of Smoking or Chewing Tobacco

- Chew on something- sugarless gum (chewing gum), a chocolate, cardamom (*elachi*), cloves (*lavanga*), tulsi leaves, ground pudina leaves
- Call a friend and chat
- Take a walk or work out or go for a movie or to another place where you can't smoke
- Develop a healthy lifestyle i.e., do not skip meals, do exercise
- Think about or write down the reasons why you have taken the decision to quit

- Practice deep breathing, do some activity to delay and distract from the craving and drink plenty of water

The craving will go away in a couple of minutes

“An hour a day in a room with a smoker is nearly a hundred times more likely to cause lung cancer in a non-smoker than 20 years spent in a building containing asbestos”. - Sir Richard Doll, 1985

If you can't help yourself in quitting....

It is understandable... because tobacco is so addictive!

You can GET HELP through Counselling and Medication including nicotine gum.

We Help



TCC Clinic, NIMHANS

1. NIMHANS Centre for Well-being

1/B, 9th Main, 1st Phase, 1st Stage, BTM Layout,
Bangalore 560076

OP Services: Monday & Wednesday

2 pm to 4 pm

Ph: 080-26685948/Mob: 09480829670

Email: nimhans.wellbeing@gmail.com

2. Tobacco Cessation Centre (TCC),

NIMHANS, Bangalore

OPD Days: Monday, Thursday & Saturday

Timing: 9 am to 1 pm

Phone: 080-26995311/Mob: 9535215180

Email: tccbanga@gmail.com

Website: www.nimhans.kar.nic.in

Smoking or Smokeless Tobacco Is Not Cool !!



RESOURCE CENTRE FOR TOBACCO CONTROL

**National Institute of Mental Health
and Neuro Sciences**

Hosur Road, Bangalore – 560029