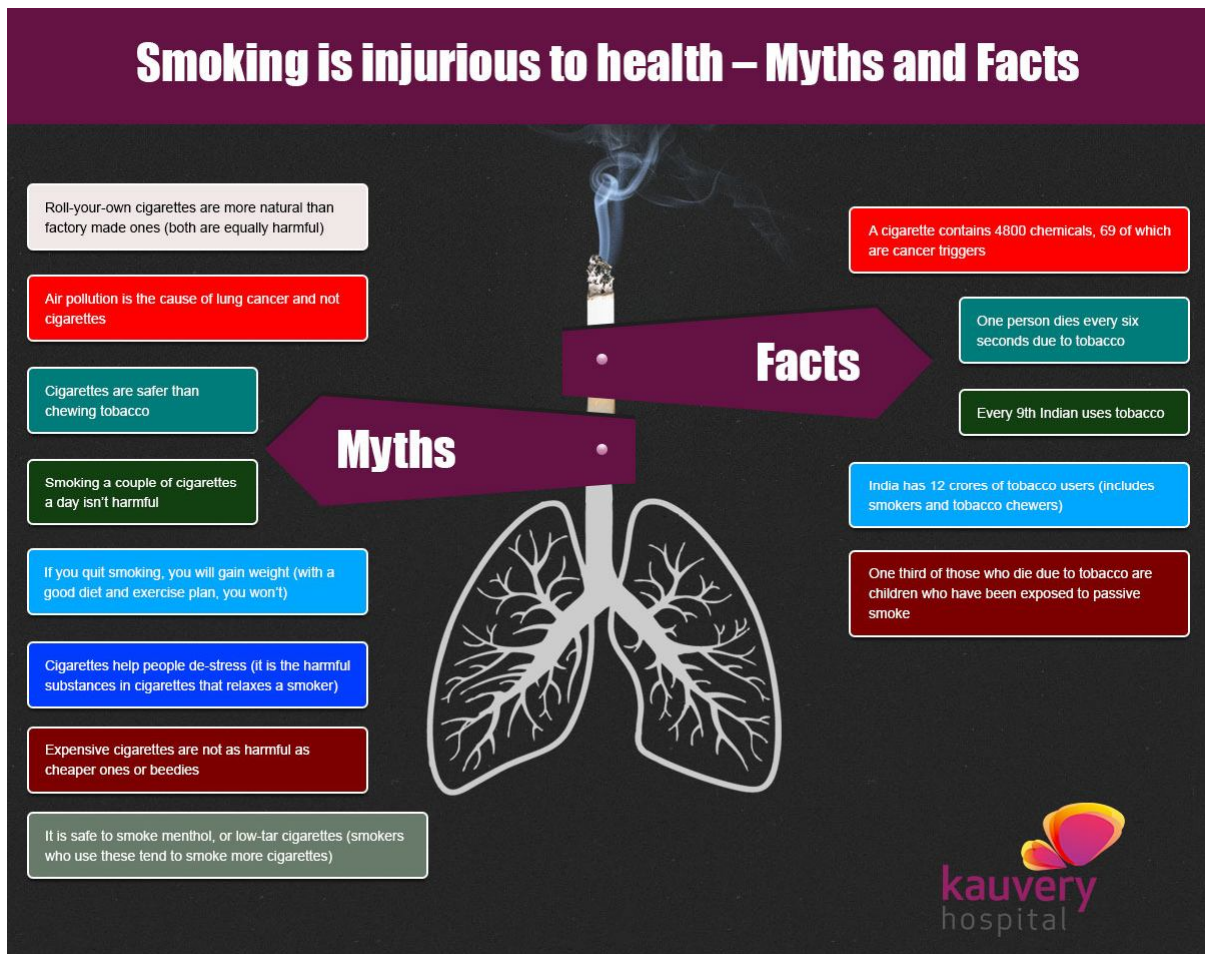


“Smoking is injurious to health” – Myths, facts and risks




Smoking is injurious to health – Myths and Facts

Myths

- Roll-your-own cigarettes are more natural than factory made ones (both are equally harmful)
- Air pollution is the cause of lung cancer and not cigarettes
- Cigarettes are safer than chewing tobacco
- Smoking a couple of cigarettes a day isn't harmful
- If you quit smoking, you will gain weight (with a good diet and exercise plan, you won't)
- Cigarettes help people de-stress (it is the harmful substances in cigarettes that relaxes a smoker)
- Expensive cigarettes are not as harmful as cheaper ones or beedies
- It is safe to smoke menthol, or low-tar cigarettes (smokers who use these tend to smoke more cigarettes)

Facts

- A cigarette contains 4800 chemicals, 69 of which are cancer triggers
- One person dies every six seconds due to tobacco
- Every 9th Indian uses tobacco
- India has 12 crores of tobacco users (includes smokers and tobacco chewers)
- One third of those who die due to tobacco are children who have been exposed to passive smoke


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- Medical costs of treating tobacco related diseases are about 90 crores a year

Risks

Smoking can increase the risk of-

- heart disease by 2 to 4 times
- Occurrence of a **stroke** by 2 to 4 times
- lung cancer in men by 25 times
- lung cancer in women by 25.7 times
- Smoking can damage blood vessels causing them to thicken and grow narrower
- Blockages can also reduce blood flow to legs and skin causing clots and numbness
- In **asthmatics**, smoking can trigger an attack or make an attack worse
- Smokers are 12 to 13 times more likely to die from COPD than non-smokers
- It is more difficult for smokers to get pregnant
- Smoking during pregnancy (even passive smoke) could endanger the foetus
- Smoking can increase your risk for cataracts
- Smoking is a cause of rheumatoid arthritis

On World Tobacco day – 31st May 2017... make a pledge to quit smoking or help someone quit!