



HEALTH ALERT

Take precautions provided by Ministry of Health

Addiction Support

Cigarettes contain more than 4,000 chemical compounds and 400 toxic chemicals that include tar, carbon monoxide, DDT, arsenic and formaldehyde. The nicotine in cigarettes, in particular, makes them highly addictive. There are so many diseases caused by smoking that it's hard to decide where to begin.

Any amount and type of smoking is bad for your health. Besides being a notorious risk factor for lung cancer, coronary artery disease, heart attack and stroke, smoking can damage almost any organ in our body, leading to leukaemia and cancers of the kidney, pancreas, bladder, throat, mouth and uterus. It can damage the airways and air sacs of our lungs to cause chronic bronchitis and breathing difficulties. It can also raise our blood pressure and cholesterol levels, reduce bone density in women and increase the risk of infertility, preterm delivery, stillbirth and sudden infant death syndrome.

It is important to realise that quitting smoking can improve your quality of life – physically, emotionally and financially. It can help you and those around you breathe better and live longer.

People who stop smoking generally have an improved sense of smell and taste, feel less stressed and become more energetic. They will usually have younger looking skin and improved fertility. Their loved ones will be healthier as passive smoking is reduced.

For people who drink too much, alcohol tolerance can lead to false reassurance that they are drinking within limits, since they do not feel drunk. Health benefits of reducing alcohol intake include weight loss, a reduced risk of many forms of cancer, less anxiety, clearer skin, no hangovers and better self-esteem.

