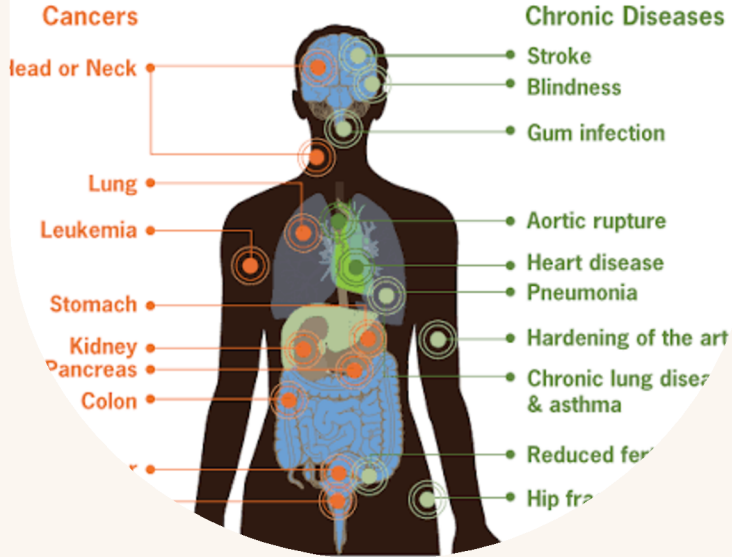


## Risks from Smoking

## Smoking can damage every part of the body



# Tips to Quit Smoking

- Set a quit date and tell family/friends for support
- Avoid triggers like coffee or gatherings with smokers
- Stay active—exercise, walking, hobbies
- Use nicotine replacement or prescribed medications if needed

# 1. HEALTH BENEFITS OF QUITTING

- 20 MINUTES AFTER QUITTING  
HEART RATE AND BLOOD  
PRESSURE START TO DROP
- 2 WEEKS–3 MONTHS: LUNG  
FUNCTION IMPROVES
- 1 YEAR: RISK OF CORONARY  
HEART DISEASE DECREASES

## 1.Role of Physicians in PHC

- Ask: Identify smokers during visits
- Advise: Urge them to quit
- Assess: Determine readiness to quit
- Assist: Provide help—nicotine, replacement, medications, coping strategies
- Arrange: Schedule follow-ups to prevent relapse

## 1. Definition & Background

**SMOKING IS THE INHALATION OF TOBACCO PRODUCTS CONTAINING NICOTINE AND .HARMFUL CHEMICALS**

**SMOKING CESSATION MEANS COMPLETELY STOPPING THE USE OF ALL TOBACCO .PRODUCTS**

## 2.RELEVANCE TO PRIMARY HEALTH CARE (PHC)

- PHC clinics are the first contact point for smokers seeking help.
- PHC teams provide screening, counseling, education, and follow-up.



