DO YOU WANT
Bad Breath, Stained Teeth, Orange Peel Skin,
Yellow Fingers, Smelly Hair & Clothes, Shaky Hands,
A Wheezing Chest, Premature Ageing, Impotence...?

Smoking is not just lung cancer
Think about it...

TOBACCO COSTS YOU A FORTUNE
IN HEALTH AND MONEY

Rajiv Gandhi Cancer Institute
and Research Centre
A Unit of Indraprastha Cancer Society
Registered under "Societies Registration Act 1860"

D - 18, Sector - 5, Rohini, Delhi - 110085
Tel.: +91 - 11 - 4702 2222
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Quit Smoking
Stop Chewable Tobacco
like Pan Masala | Gutkha
Khaini | Betel Nuts, etc.

For more information/query, please contact:
Department of Preventive Oncology
+91-11-4702 2053 | Monday to Saturday Between 09:00 am - 05:30 pm
*except Sundays & gazetted holidays
Harmful Effects of Smoking
Chewing Tobacco/Gutkha/Pan Masala

Just one cigarette

- Speeds up then slows down the activity of your brain and nervous system
- Dulls your sensation of appetite, taste and smell
- Makes you more susceptible to cough and cold
- Raises your blood pressure
- Paralyses and reduces the function of the little hair's (cilia) which sweep the dust and dirt out of the bronchial tubes that lead to your lungs

Over a period of time smoking can lead to...

- Narrowing of blood vessels to your heart and brain
- Shortness of breath, cough and respiratory infections
- Cancer of the lungs
- Greater risks of heart attack and strokes
- Greater risk of cancer of the mouth, voice box, windpipe, bladder, kidney, cervix, stomach and colon
- Narrows blood vessels to penis causing impotence
- Poor circulation increasing the risk of gangrene
- Narrow blood vessels to skin causing premature ageing

Tobacco smoke contains over 4000 different substances many of which causes damage to your health.

Carbon Monoxide - a poisonous gas absorbed in the blood. This leaves the body with less oxygen and forces the heart to work harder.

Nicotine - a powerful poison increases blood pressure and heart rate. It is also the addictive part of tobacco.

Tars - these are poisonous chemical compounds which collect in the lungs and can cause cancer.

OTHER POISONOUS CHEMICALS INCLUDE CYANIDE, ARSENIC AND AMMONIA