



**ONE  
KILLER,  
MANY  
FACES.**

## 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"

Accredited by:



D - 18, Sector - 5, Rohini, Delhi - 110085

Tel.: +91 - 11 - 4702 2222

E-mail: [info@rgcirc.org](mailto:info@rgcirc.org) | Web: [www.rgcirc.org](http://www.rgcirc.org)

For more information/query, please contact:  
Department of Preventive Oncology

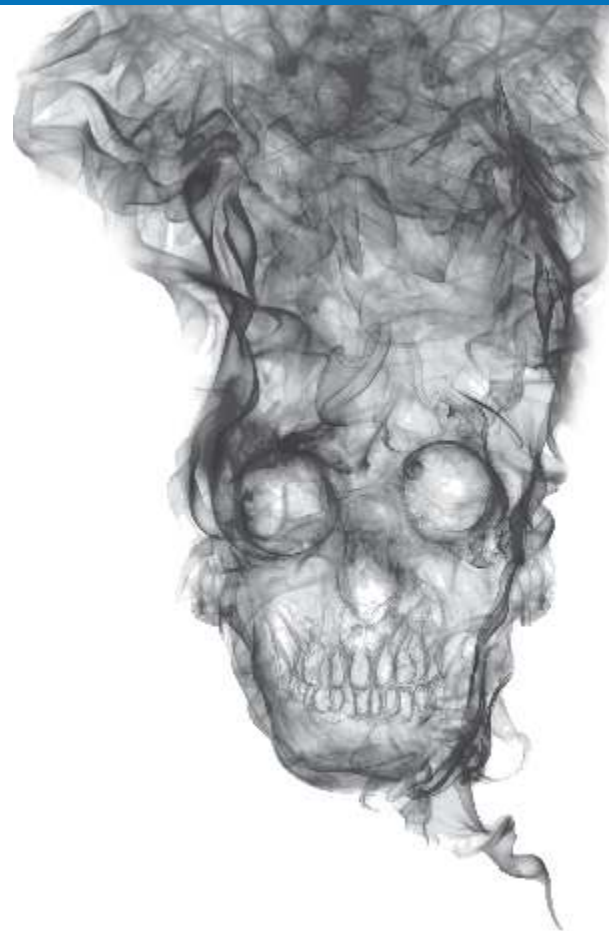
+91-11-4702 2053 | Monday to Saturday Between 09:00 am - 05:30 pm

\*except Sundays & gazetted holidays



**Rajiv Gandhi Cancer Institute  
and Research Centre**

A Unit of Indraprastha Cancer Society  
Registered under "Societies Registration Act 1860"



**Quit Smoking  
Stop Chewable Tobacco**  
like Pan Masala | Gutkha  
Khaini | Betel Nuts, etc.

• Sector - 5, Rohini, Delhi - 110085 | Tel.: +91 - 11 - 4702 2222 | Fax: +91 - 11 - 2705 1037  
E-mail: [info@rgcirc.org](mailto:info@rgcirc.org)

• Mahendra Kumar Jain Marg, Niti Bagh, South Delhi, New Delhi - 110049  
Tel.: +91 - 11 - 4582 2222, 4582 2200 | E-mail: [infosouthdelhi@rgcirc.org](mailto:infosouthdelhi@rgcirc.org)  
[www.rgcirc.org](http://www.rgcirc.org)

# 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**