

Shaukat Khanum

Anti-Tobacco Awareness Campaign



Smoking
breathes life
into
CANCER

(World No Tobacco Day, May 31)



Shaukat Khanum
Memorial Cancer Hospital
and Research Centre

Harmful Effects of Tobacco

- Tobacco is the single most preventable cause of illness and death worldwide.
- Tobacco kills nearly 6 million people a year and will kill up to 1 billion people globally during this century.
- More than 600,000 die from exposure to second-hand smoke each year.
- Nearly 80% of the world's smokers live in low and middle income countries like Pakistan.
- Research indicates, nearly 40% of cancers in adult males seen at Shaukat Khanum Memorial Cancer Hospital and Research Centre can be linked to the use of tobacco, while 90,000 people die from tobacco related cases annually in Pakistan.
- In Pakistan, nearly 42% of males and 7% of females smoke.
- Tobacco smoke contains more than 4,000 chemicals. At least 250 of them are known to be harmful and over 50 can cause cancer.
- A high incidence of lung cancer is associated with smoking tobacco.

- Tobacco can also cause cancer in other parts of the body such as the bladder, kidneys, uterus, cervix, breast, pancreas, colon and various types of oral and lip cavity cancers.
- In Pakistan, tobacco is consumed not only through cigarettes, cigars, and *hookah*, but also in smokeless forms such as paan/betel with tobacco, *chalia/supari*, *naswar*, and *gutka*.
- Oral cancer is the second most common cancer seen in Pakistan and the use of smokeless tobacco is known to increase the risk of oral cancer.
- Pakistanis mistakenly believe that chewing tobacco is a safe alternate to smoking.
- Tobacco can also lead to heart disease, increasing the chance of a heart attack or stroke, as well as cause a major lung disease which can lead to severe breathing difficulty or failure.
- Controlling tobacco use is now more important than ever. A strategy to limit access to tobacco products increase government regulation of the tobacco industry and make people aware of its lethal effects that will go far in reducing the health burden associated with tobacco use.

Smoking increases the risk of at least fifteen different kinds of cancers. Nearly 40% of cancers in adult males seen at Shaukat Khanum Memorial Cancer Hospital and Research Centre can be linked to the use of tobacco. Today, tobacco use is the single most preventable cause of cancer. Don't let tobacco destroy your life. Stop using tobacco in its all forms.

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