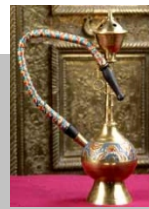
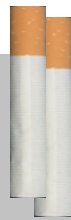


Tobacco ...



Healthy Habits , Healthy Life , Healthy India

- Tobacco kills 8-9 lakh people each year in India. The number is likely to increase many folds in the next 20 years.
- Tobacco is used in various forms in India which includes cigarette, bidi, hukka, gutkha, khaini etc



- Tobacco smoke contains over 4000 harmful and poisonous chemicals; nicotine, tar and carbon monoxide being the most harmful ones.

Health hazards of tobacco use

- Tobacco is the single largest preventable cause of death & disease.
- Tobacco damages almost every organ in the human body
- Tobacco causes Cancer of:
 - Mouth, Throat, Lungs
 - Larynx (voice box)
 - Oesophagus (food pipe)
- Tobacco causes heart attacks
- Tobacco causes chronic bronchitis
- Tobacco also causes impotence in man and sterility in women.
- Tobacco consumption may lead to still born or underweight babies.
- Tobacco may lead to loss of vision .

India has the highest number of oral cancer cases in the world