

Don't wait until it's too late...give up now.

Call The NHS Asian Tobacco Helpline for confidential advice and tips on giving up tobacco.

Call now to find out details of your local smoking/tobacco cessation support group.

You can also order a FREE booklet packed with lots of helpful advice on how to give up tobacco.

All lines are open Tuesday 1.00pm - 9.00pm

Urdu

0800 169 0 881

Punjabi

0800 169 0 882

Hindi

0800 169 0 883

Gujarati

0800 169 0 884

Bengali

0800 169 0 885

We would like to thank the following organisations for their help in this campaign:





NHS

DECIDING TO GIVE UP TOBACCO USE

**FOR YOURSELF, YOUR FAMILY
& YOUR FRIENDS**

Don't wait until it's too late...give up now



Much has been learnt about tobacco use in the South Asian communities living in England. Ways to help you give up tobacco have been developed. Take the chance to give up tobacco – whether you smoke cigarettes or bidi, chew tobacco in paan or gutkha.

Work together to give up tobacco use – talk it through with everyone around you, family and friends. Giving up tobacco takes time and effort, but with the help of local smoking/tobacco support groups and The NHS Asian Tobacco Helpline, it will be easier for you.

Giving up tobacco has immediate benefits. Don't wait until it's too late...give up now.

“Giving up tobacco, at any age, will lead to health benefits whether or not you have a disease caused by tobacco.”



TIP: Use important occasions such as Ramadan, Diwali, Vaisakhi, birthdays, wedding anniversaries, a baby’s birth or starting a new job as good times to give up tobacco.

REMEMBER:

- Tobacco use kills and causes disease.
- People chewing tobacco in paan are over 5 times more likely to be at risk of oral cancer.
- Smokers of more than 25 cigarettes a day are 25 times more likely to die from lung cancer and almost twice as likely to die from heart disease.
- Children growing up in a household where tobacco use is common are more likely to get pneumonia, bronchitis, asthma, ear infections and become tobacco users themselves.



TIP: You should contact your local smoking/tobacco cessation group for personal support. Use NRT or Zyban to help you give up.

“After the birth of my son, my wife stopped me smoking inside the flat. So either I have to go out or use the balcony to smoke. It’s not very nice if the weather is bad or cold.”



“My mother-in-law then told me that chewing tobacco can cause cancer so I just threw it in the bin...my next door neighbour was a heavy tobacco chewer and she got cancer in her mouth.”

TIP: Paan without tobacco is not as bad as paan with tobacco, smoking cigarettes, bidi or using the hookah. Enjoy your paan, leave out the tobacco!

Deciding to give up tobacco

TIP: Before giving up tobacco, be clear about why you want to do so.

Here are some of the reasons why people like you told us they gave up tobacco:

Tick the boxes you agree with and make a list of any other reasons why you want to give up tobacco use.

“You save your money and can enjoy the freedom of going out without having to ask about smoking areas.”

“You save your health – within one hour of giving up tobacco, your blood pressure and pulse rate return to normal.”

“It’s just not my health but the health of my family and my wife doesn’t nag me anymore about how unpleasant smoking is.”

“I stopped smoking because my children are growing up and it is not a good example.”

“My teeth became red and I started to get chest pains.”

“It ruins the shine on your teeth and you have to brush harder.”

“Save your money and your health...



**...and that of your family
and friends!”**