

The Indian Medical Minutes

"Your Family Doctor's Weekly Guide to Good Health."

Tobacco takes life... Quit today, live tomorrow!

Harmful Effects of Tobacco

- **Health:** Cancer, heart disease, lung damage, early death
- **Social:** Addiction, family stress, passive smoke harms others
- **Economical:** Wasted money, high medical bills, lost productivity
- **heat.**



What Can Be Done to Stop Tobacco

Awareness: Educate people about dangers through posters, seminars, and media.

Counselling: Provide medical and psychological support for quitting.

Alternatives: Encourage healthy habits like exercise, meditation, and hobbies.

Policy: Support government bans on advertising, smoking in public places, and higher taxes on tobacco.

Community Action: Schools, colleges, hospitals, and NGOs should run anti-tobacco campaigns.

Personal Steps: Set a quit date, seek support groups, and avoid triggers.



*An Initiative of
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