

Commit to Quit

DO YOU KNOW?

Tobacco is the single largest cause of cancer deaths in the world

Nearly 9 out of 10 lung cancer deaths are caused by smoking cigarettes or second-hand smoke exposure

Within 10 years, the lung cancer death rate is about half that of a smoker when quit smoking

Smoking is deadly, not only for an individual, but also for a country's economy

There are 7000 chemicals in tobacco, out of which 70 of them are carcinogens

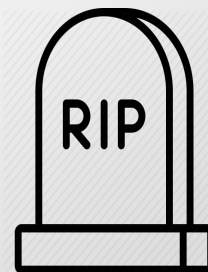
80% of lung cancers are caused by tobacco

Tobacco

causes at least 20 different types of cancers, and 30% of all cancers are caused by Tobacco

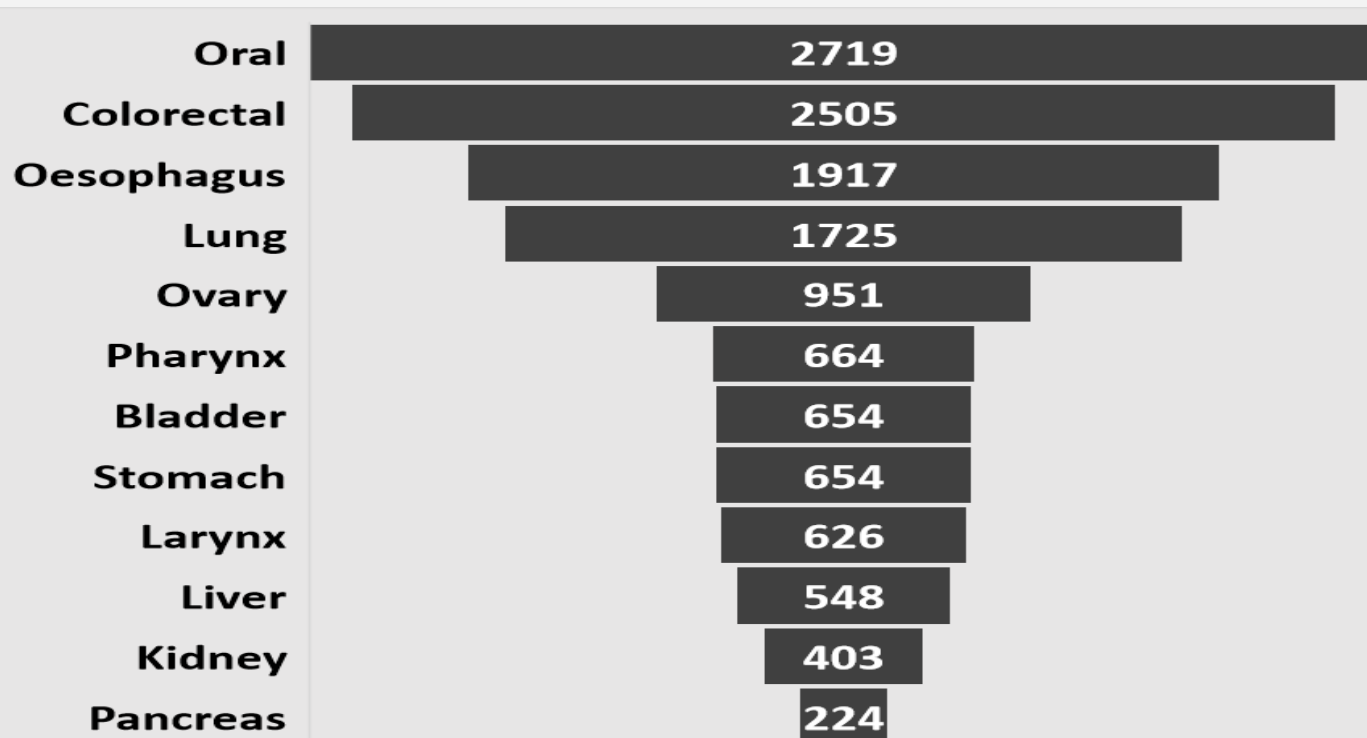
Around

20,000 Sri Lankans die every year due to tobacco related diseases including **CANCER**



Tobacco associated habits such as smoking and betel chewing, increase your chances of getting COVID-19

Tobacco attributable cancer incidence in Sri Lanka in 2019



The health benefits for cancer patients when avoiding smoking:

- Increases therapeutic responses
- Decreases cancer recurrences
- Stops development of a secondary malignancy
- Decreases cancer treatment complications
- Increases healing process of wounds and infections
- Avoid cardiovascular complications

Steps to quit tobacco use

- 1 • Set a quit date
- 2 • Get help from others
- 3 • Make a plan to overcome Obstacles
- 4 • Remove tobacco products from your surroundings
- 5 • Avoid smoking areas
- 6 • Be busy to avoid smoking thoughts



National Authority on Tobacco & Alcohol (NATA): 0112187140

NATA Quit Line: 1948

National Cancer Control Programme, Ministry of Health : 01122368627



National Cancer Control Programme

