Presentation on

World Tobacco Day

31st May

World Tobacco Day

Say No To Tobacco….

Quitting smoking: 10 ways to resist tobacco cravings

- For most people who use tobacco, tobacco cravings or smoking urges can be strong. But you can stand up against these cravings.

1. **Try nicotine replacement therapy**
2. **Avoid triggers**
3. **Delay**
4. **Chew on it**
5. **Don't have 'just one'**
6. **Get physical**
7. **Try relaxation techniques**
8. **Call for reinforcements**
9. **Go online for support**
10. **Remind yourself of the benefits**

Conditions and diseases that can be caused by smoking….

- **Cancer**

- **Breathing problems and chronic respiratory conditions**

- **Heart disease, stroke and blood circulation problems**

- **Diabetes**

- **Disease**

- **Infections**

- **Dental problems**

- **Hearing loss**

- **Vision loss**

- **Fertility problems**

- **Osteoporosis and menopause**
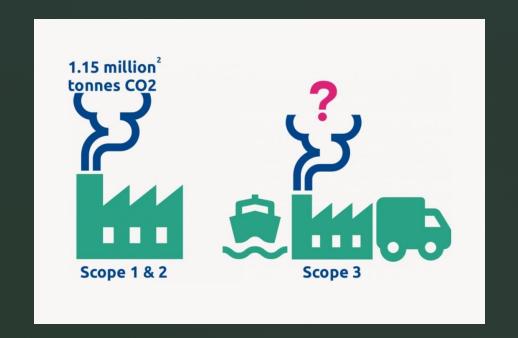
Effects of Tobacco on Environment

Cigarette butts are the most littered item on the planet, with 4.5 trillion being discarded every year. They are the second most frequently littered item in beaches and waterways globally, generally comprising 30%-40% of items collected in annual coastal or urban clean-ups. They leach chemicals such as nicotine, ethylphenol and even heavy metals in water, contaminating the environment.

People discarding their used cigarette butts on sidewalks, streets and in the environment may not consider how their non-biodegradable plastic filters may end up polluting rivers, oceans and beaches, if they aren't eaten by wildlife before that. When consumed, cigarette butts may choke an animal or poison it and when contaminating water.
Even one cigarette butt per litre of water can be lethal to fish.

Research published by the Truth Initiative shows that the chemicals that leached from a single cigarette butt (soaked for 24 hours in a litre of water) released enough toxins to kill 50% of the saltwater and freshwater fish exposed to it for 96 hours.

Thank you

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12th Commerce