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*An Aster Initiative under
 Community Good Health Programme*

Follow us on...



- 10 HOSPITALS
- 44 MEDICAL CENTRES
- 150 PHARMACIES
- OVER 26 YEARS OF EXPERIENCE

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SMOKING SKILLS



Cigarettes contain over 4000 chemical compounds and at least 400 toxic substances.
 Cardiovascular diseases is the main causes of death due to smoking.
 Smoking is the main cause of lung cancer, throat cancer and mouth cancer.
 Smoking also known to cause emphysema, chronic bronchitis, hypertension and infertility.



ILL-EFFECTS OF SMOKING

Respiratory System - Smoking can be the cause of dangerous diseases like asthma, tuberculosis, chronic bronchitis, lung cancer and emphysema.

Digestive System - It creates peptic ulcers, gall-bladder stones, stomach cancer and heart bum.

Lungs - Lung Cancer can happen mostly to smokers. Tobacco is the leading cause of lung cancer.

Brain - Brain cells become non-functional at high levels of intoxication by tobacco. It can also lead to blood clotting in the brain. It also has the capacity to kill essential brain tissues.

Skin - Smoking can cause aging, wrinkles and scarring on the skin.

Heart attack - Smoking causes inadequate blood supply to the heart due to the effects of carbon monoxide discharged from tobacco eventually leading to heart failure and stroke.

Blood - Cigarette smoking can produce an immediate, temporary rise in the blood pressure. Lack of oxygen to small blood vessels can cause them to become inflamed and later-on bigger vessels get blocked.

Cancer - Tobacco use leads most commonly to diseases affecting the heart and lungs, with smoking being a major risk factor for cancer.

"If we lose the battle against tobacco, we will lose the war against cancer"

Therefore smoking is injurious to health by all means. Please understand that the 5 minutes you spend for smoking a cigarette is cut off from your life-span.

PLEASE QUIT SMOKING

