



PERKUMPULAN PELITA INDONESIA

"helping people to help themselves"

*** HEALTH DIVISION ***

**STOP
SMOKING**



**STOP NOW!!!
SMOKING IS HARMFUL.**



**STOP
SMOKING!**

Not just for your
health but for
the environment



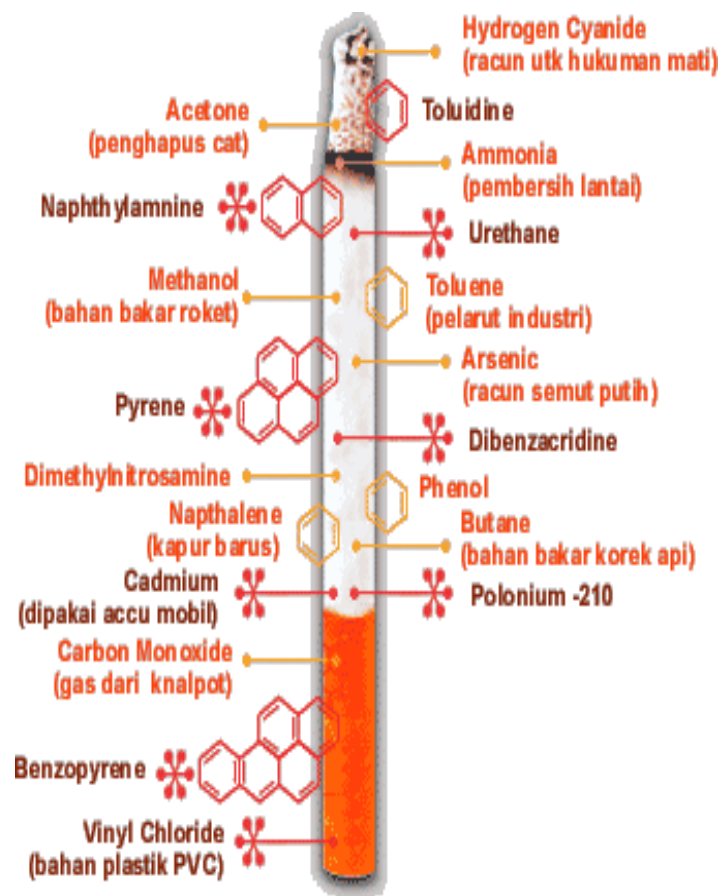
STOP SMOKING PROGRAM

Pelita assists government programs in making people aware of the negative effects of cigarettes on the health of themselves and their family, as well as, on their personal finances. This program works in collaboration with the Center for Lung health Society Bandung, through the Stop Smoking Clinic, and also in cooperation with the Quit Tobacco Indonesia organization in Yogyakarta to provide smoking cessation counselor training and counselors in the communities of West Java Indonesia.

Pelita Indonesia began implementation of our Stop Smoking program through independently trained counselors throughout the West Java area with the purpose to provide information, education and communication to the communities. The main goal of Pelita is to teach client's to realize the dangers of smoking and to ultimately decide to quit smoking permanently for the health of themselves, their families and the surrounding communities.

INFORMATION ABOUT SMOKING AND ITS CONSEQUENCES

1 cigarette contains around 400 chemicals which are DANGEROUS and can BRING DEATH



Above are just some of the chemicals that are very harmful to our bodies. So are cigarettes profitable??

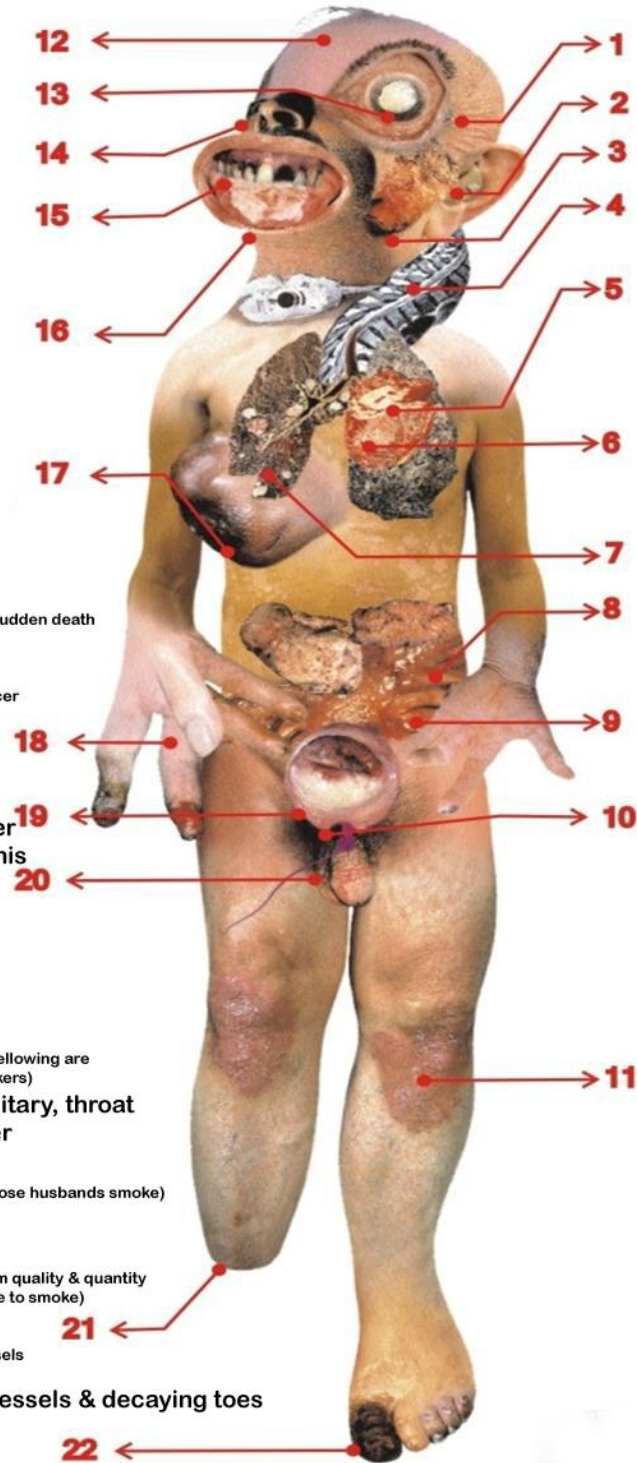
In addition to being harmful to the body of the smoker, smoking is also very dangerous for people around them including people we love.

EFFECTS OF SMOKING



**Stop Smoking
NOW & feel
the benefits!**

- 1 Wrinkled skin
- 2 Hearing loss
- 3 Skin cancer
- 4 Osteoporosis
(bone loss)
- 5 Heart Disease
(smokers have 4 times risk of sudden death compared to non-smokers)
- 6 Lung cancer
(90% of patients with lung cancer are smokers)
- 7 Emphysema
- 8 Gastric cancer & gastric ulcers
- 9 Colon & rectal cancer
- 10 Kidney, bladder, penis
pancreas cancer
- 11 Inflammation of skin
(very itchy)
- 12 Hair loss
- 13 Cataracts
- 14 Nasal cancer
- 15 Cavities (tooth decay & yellowing are experienced by almost all smokers)
- 16 Tongue, mouth, pituitary, throat & esophagus cancer
- 17 Breast cancer
(suffered by many women whose husbands smoke)
- 18 Pale fingers
- 19 Cervical cancer
- 20 Sperm damage (sperm quality & quantity will be reduced if you continue to smoke)
- 21 Foot amputation
(due to blockage of blood vessels in the legs)
- 22 Diseases of blood vessels & decaying toes



Second Hand Smoke

Passive smokers are people who are around smokers and are “forced” to inhale cigarette smoke.

Is second-hand smoke more dangerous than active smokers?

Active and passive smokers alike will have adverse health issues since both are inhaling cigarette smoke.

Third Hand Smoke

Third-hand smoke is the residual cigarette smoke that persists in the environment after the cigarette has been consumed and/or thrown away.

Substances such as: tar, nicotine, asbestos and dozens of other gases will remain and survive in the environment.

For Example:

Nicotine can be attached to curtains, carpets, furniture, etc. for several days, weeks or months after the cigarette was present. The time depends upon on how much nicotine, how often there was smoke and other substances in the room. Nicotine will then react with nitric acid in the environment to form an tobacco specific nitrosamines or TSNAs, which is a carcinogenic (cancer causing).

DOE/Lawrence Berkeley National Laboratory (2010, February 9).

Carcinogens form from third-hand smoke. ScienceDaily . Retrieved



So if you know that smoking is harmful, what should you do???

YES, STOP SMOKING NOW and feel the benefits.

There are many medications that can help you, but are you willing to spend hundreds of dollars?

Here are 7 simple ways we recommend for you to stop smoking:

1. Convince yourself that quitting smoking is profitable. Think of the health and quality of life that you will have from a tobacco free lifestyle.
2. Plan for firm date that you will quit smoking (D-Day). Prior to that date, get rid of ashtrays, lighters, and every little thing that can trigger you to smoke again. After arriving at the D-Day, set your mind to it and stop smoking
3. Plan activities for the date. For example, go to places that are “Non-Smoking Areas”, or go exercise or do activities that make you forget cigarettes.
4. Make a list of people who support your efforts to quit smoking and ask them for moral support and to help you avoid any temptation to stimulate your desire to smoke.
5. In order to help you cope with the symptoms of smoking addiction, eat low calorie foods and drink plenty of water. Do not try and eat candy for a substitute for cigarettes until eventually you get used to not smoking.
6. Resist the temptation to smoke. Even one puff can lead to another puff which leads to another and your efforts to stop smoking will be futile.
7. If you are about to give up, wait for another 10 minutes; it is a strong desire that has to be extinguished. If the desire is still strong, try to inhale deeply through your mouth, and then remove it gently with your lips narrowed. Repeat this 5 – 10 times.

GOOD LUCK!

**All must begin with Great Intention and Real Commitment.
Without Intention and Commitment, everything will be in vain.**



Contact Our Consolers: 022 – 70277553

PO. BOX. 6773 BDCP Bandung 40161

Website: pelitaindonesia.org

E-mail: timkes@pelitaindonesia.org

