

NATIONAL TOBACCO QUITLINE



Ministry of Health & Family Welfare
Government of India



8:00 AM to 8:00 PM | Except on Monday



NATIONAL TOBACCO QUITLINE
1800-11-2356

Vallabhbhai Patel Chest Institute
University of Delhi
Delhi - 110007



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Process of Tobacco Quitline Services

- Your conversation and information will be kept confidential.
- Call toll free number 1800-11-2356 (8:00 am to 8:00 pm).
- Select your preferred language (Hindi or English).
- You will be registered with us and provided counseling services.
- Tobacco Quit Pack will be sent to you via mail/e-mail.
- We will arrange for follow up calls and call you back as per your convenience.

Call Sequence:

Call 1 – Call made by you

Call 2 – Pre-quit date call made by counselor 3-4 days before the planned quit date

Call 3 – Quit date call made by counselor on the planned quit date or 1-3 days after the planned quit date

Call 4 – Quit date follow-up call made by counselor 3-7 days after the planned quit

Call 5 – Ongoing support call made by the counselor about 1-3 weeks after the quit date, follow up call.

Whenever you need, you can call us at any time
from 8:00AM to 8:00 PM, except on Monday



QUIT TOBACCO

FOR A HEALTHIER LIFE

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Do you know ?

- Tobacco contains nicotine which is a highly addictive substance.
- All forms of tobacco like bidi, cigarette, khaini, gutkha, pan and pan masala with tobacco, hookah etc are addictive and harmful for health.
- E-cigarettes which contain nicotine are also harmful.
- Tobacco smoke including second hand smoke contains more than 7000 chemicals, of which 69 are known to cause cancer.
- Nearly 50% of cancers in males and 25% in females (Indian Council of Medical Research) in India can be attributed to tobacco use.
- The majority of the cardio vascular diseases and lung disorders are directly attributable to tobacco consumption.
- Second hand smoke which is a mixture of smoke given by the burning end of tobacco products and the mainstream smoke exhaled by smokers, also harms non-smokers and unborn babies.
- Second hand smoke causes respiratory problems and various diseases in children. In non-smoking adults, it causes lung cancer and coronary health disease.

Types of Tobacco

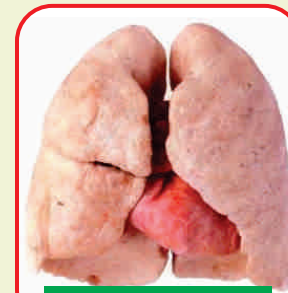


Harmful Effects of Tobacco Use

- Tobacco use harms every part of your body from head to toe.
- It stains your teeth, gives you bad breath, ruins taste buds and makes it difficult to open the mouth.
- Tobacco use increases the risk of all cancers, more so oral and lung cancer and can cause brain stroke (paralysis), headaches and dizziness.
- In men tobacco use causes impotence and reduced sperm count.
- Smokers have trouble breathing, because smoking damages the lungs.
- Smoking increases your heart rate and blood pressure and causes heart disease and heart attacks.
- Tobacco use by females reduces their chances of pregnancy and causes various reproductive health problems like miscarriage, infertility, etc.
- It increases the risk of Tuberculosis (TB).



Oral Cancer



Non Smoker's Lungs



Smoker's Lungs

Quitting Tobacco is Possible

- Set a quit date. This date should be within 7 to 10 days.
- Avoid people, places and situations where tobacco is used.
- Don't keep any tobacco product with yourself and avoid company of people who use tobacco.
- When you feel the urge for using the tobacco, take deep breath and do some activity which you enjoy such as watching TV, listening to music and talking to your friends and colleagues. Keep saunf, elaichi, mishri, laung, etc in your mouth.
- Go for morning walk every day, make some time for exercise and drink plenty of water and fluids.
- Save the money you would have spent on buying tobacco and reward yourself and your loved one's with a gift with the money saved.
- Seek support of your family and friends to form a support group for your quit attempt.
- Be firm, stick to your decision to quit on your quit date.

Remember:

You may face withdrawal symptoms when you quit tobacco such as irritation, headache, insomnia, anger, chest tightness, intestinal disorder etc. This is so because you are no longer getting nicotine. These will remain for a few weeks. **Don't panic, consult us any time.**

Benefits of Quitting Tobacco

- In 20 minutes, blood pressure and pulse return to normal.
- In 8 hours, oxygen levels return to normal.
- In 24 hours, risk of heart attack begins to decrease.
- In 48 hours, sense of taste and smell improves.
- In 72 hours, lung function improves.
- In 1-9 months, coughing and shortness of breath decreases.
- In 1 year, risk of coronary heart disease is about half that of a non-tobacco user.
- In 5 Years, stroke risk is reduced.
- In 10 years, risk of lung cancer is reduced by 50%
- In 15 years, risk of heart disease is similar to person who never smoked.



Health Benefits

- No bad breath
- Reduced risk of cancer
- Improved capacity of taste and smell



Financial Benefits

- Money saved
- Reduced health care expenditure



Social Benefits

- Tobacco free generation
- No negative impact on children
- You will be a good role model for your children