

“ Cigarettes contain over 7000 chemicals at least 70 of which are known to cause cancer. ”

SHORT-TERM EFFECTS OF TOBACCO USE

Problems with vision and cataracts
Loss of taste and smell
Tooth loss, yellowing and discoloration
Hearing loss and ear infections
Coughing and phlegm
Premature skin aging
Tachycardia and high blood pressure
Embolism
High stomach acid and digestive problems
Disruptions in the functioning of the brain and nervous system
Poor blood circulation in hands and feet
Weakened immune system

Tobacco use is the leading preventable risk factor for poor health and premature death.

LONG-TERM EFFECTS OF TOBACCO USE

Smokers are 15 to 30 times more likely to develop lung cancer than nonsmokers.

Tobacco use causes cancers of the lung, larynx, oral cavity, stomach, pancreas, prostate, bladder, breast, cervix, and blood;

Tobacco use leads to many preventable diseases;

Heart attacks, cardiovascular diseases, respiratory system diseases such as COPD, asthma, and digestive disorders such as ulcer and gastritis

Stroke (paralysis), impotence, and infertility

Early menopause

Osteoporosis

Every year, 65,000 children under the age of 5 die due to respiratory infections caused by tobacco smoke worldwide.

Smoking around infants and children causes otitis media, meningitis, respiratory diseases such as asthma and pneumonia, and sudden infant death syndrome.

Smoking around infants and children causes otitis media, meningitis, respiratory diseases such as asthma and pneumonia, and sudden infant death syndrome.

The amount of smoke inhaled as a result of an hour-long hookah session is equal to the amount of smoke inhaled by smoking 100-200 cigarettes.

You can contact
MIGRANT HEALTH CENTERS or Healthy Life Centers to get support to quit

It is possible to quit smoking through proven methods.



HAVANI KORU
Dumansız Hava Sahası

“ALO 171 Quit Smoking Hotline” has been put in place by the Ministry of Health to combat smoking and is in service 24/7 free of charge.

sigarabirakma@saglik.gov.tr
<http://havanikoru.saglik.gov.tr>

This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of the Republic of Türkiye Ministry of Health and do not necessarily reflect the views of the European Union.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



www.sihhatproject.org



sihhatproject



This project is funded by the European Union.
Bu proje Avrupa Birliği tarafından finanse edilmektedir.
هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

Quitting smoking is the most important step you can take to **protect your good health**

