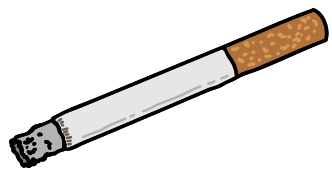


Tips for a Healthier You

Tobacco smoking

What is tobacco smoking?



- Cigarette smoking



- Roll-your-own Cigarettes



Why is smoking bad?

Smoking increases your risk of:

- Cancer
- Heart disease
- Stroke
- Diabetes
- Kidney failure

The GOOD when you QUIT

- **After 72 hours:** You can breathe easier and feel an increase in energy
- **After 3 months:** Blood circulation improves and better lung functions
- **After 9 months:** Lesser coughing and lesser difficulty in breathing
- **After 1 year:** Risk of heart disease and stroke reduces by 50%





How to quit

- Write down **reasons for quitting** to motivate yourself.
- Choose a quitting method such as **reducing the quantity over time** or **ask a friend to stop you** when you light up.
- **Set a quit day to start** and stay smoke-free.
- **Set small goals** and **reward yourself when you achieve your goals** of staying smoke-free (i.e. 1 week/1 month/ 3 months/ 6 months etc of being smoke-free).
- **Tell your loved ones** so they can encourage you along the way.

How to cope

The 4 'Ds':

Delay lighting up

Distract yourself

Deep breathing exercises

Drink water



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My Brother SG
HERE FOR YOUR HEALTH

Sources:

1. "The Harms of Smoking and Benefits of Quitting". HealthHub. December 2021.
2. "Say Hello to 4Ds and Bye to Nicotine Withdrawal Symptoms". HealthHub. March 2022.