

“STOPPING TAKES HARD WORK AND A LOT OF EFFORT, BUT – YOU CAN STOP TOBACCO”

THE PROCESS OF QUITTING

Do you find quitting tobacco difficult? The reason you continue to use tobacco is not because you are weak-willed or irresponsible, but because **you are addicted**. Nicotine is said to be more addictive than brown sugar (heroin) or cocaine. That is why people find it so difficult to stop, once they are habituated.

The quitting process involves three steps:

- A. Preparation before quitting
- B. Actual quitting and
- C. Life after quitting.

This manual will guide you through each of these steps.

YOU NEED TO KNOW

Before trying to quit tobacco you need to know a few facts about tobacco:

- Tobacco comes in different forms....and all contain nicotine, the addictive substance.
- Smoking forms of tobacco are beedis, cigarettes, cigars, chuttas, dhumti, pipe, hooklis, and hookah.
- Smokeless forms of tobacco include chewing paan (betel quid) with zarda (tobacco), guthka, pan masala, manipuri tobacco, mawa, khaini, kaddi pudi, chewing tobacco leaves, mishri, gul, snuff, tobacco tooth paste and as tobacco water.

Tobacco Facts

- **Tobacco is the leading cause of preventable death.**
- Each year tobacco kills 40,00,000 people. 2500 Indians die **EVERYDAY** due to tobacco related diseases. Deaths from tobacco use world wide are more than that from cocaine, heroin, alcohol, fires, accidents, murder, suicide, and **AIDS COMBINED**.
- If you use tobacco, you are likely to die 15 years earlier.

- Tobacco affects all the organs in the body from head to toe.
- Your smoking brings diseases not just for yourself, but also for your family, especially children and others around you.
- Cigars, beedis and smokeless tobacco (panmasala, gutkha, khaini) are not any safer than cigarettes. They contain nicotine and cancer causing chemicals just like cigarettes.
- Many tobacco users begins to use tobacco in their early teenage, usually with friends.
- Addiction shows up as physical (discomfort when not using tobacco), psychological (craving for tobacco) and behavioural (habit of using first thing in the morning).

HOW NICOTINE WORKS

Within seconds of taking a puff of smoke, or a chew, nicotine travels to the brain and tells the brain to release chemicals that make you want to smoke or chew more. Nicotine damages many parts of the body including the heart and blood vessels, lungs, hormonal system, body metabolism, and brain.

Tobacco affects your health....and that of others around you....

For you....

- Increases aging, staining of teeth, bad odour.
- Sexual impotence if you are a man, miscarriage and infertility if you are a woman.
- Cancer in mouth and cheek, throat, maxilla, lungs, oesophagus, stomach, and urinary bladder.
- High blood pressure, high chances of a heart attack and stroke, smoker's cough and lung disease, diabetes, high levels of cholesterol and reduced stamina.

For those around you....

- Babies born to mothers who smoke are sicker and smoking causes 4000 new babies to die each year in some countries.
- Your smoking or smoking by any other person harms your family, your friends and your colleagues at work. They inhale the smoke given out by the cigarettes and beedis. This is called 'Second hand smoking'.

- Second hand smoke from your cigarette or beedi increases your child's chances for middle ear problems, causes coughing and wheezing, and worsens asthma conditions.

YOU CAN STOP

To break the nicotine addiction all you need is a week or two. Research has shown that smokers who use some form of nicotine replacement therapy and participate in behaviour change programs can double their chances of quitting for good. These interventions work best for people who are really trying to quit. They are designed to reduce cravings for tobacco and relieve the withdrawal symptoms people experience while trying to quit.

YOU MUST QUIT!

Few of the 4000 Hazardous Chemicals in Tobacco

Chemicals	Additional Information about the chemical
Nicotine	Insecticide/ addictive drug
Cresol	Main ingredient for industrial plastics and adhesives
Pyrene	A main constituent of coal tar
DDT	A pesticide
Carbon Monoxide	Car exhaust fumes
Ammonia	Used for stripping wax from floors, removing varnish. Often a toilet bowl cleaner.
Hydrogen Cyanide	A fumigation poison banned from international use
Acetone	Main ingredient in fingernail polish remover
Methanol	Used as rocket fuel
Formaldehyde	Embalming fluid
Butane	Cigarette lighter fluid
Napthalene	Moth balls
Nitrobenzene	Petrol additive
Arsenic	Poison
Cadmium	Found in batteries
Toluene	Industrial solvent
Isoprene	Natural base for tyre rubber

HERE IS HOW YOU CAN QUIT.....

STEP ONE: DECIDE TO QUIT AND GET READY TO STOP

Spend some time preparing before you actually give up tobacco. Break old habits, learn new ways to handle stress and seek your family and friends' help.



1. FIRST, ASK YOURSELF WHY.....?

LIST ALL THE REASONS WHY YOU CONTINUE USING TOBACCO

I like to smoke/chew tobacco because:

- Smoking / chewing tobacco relaxes me.
- Smoking helps me concentrate and work better.
- I have no willpower. I am addicted to tobacco.
- I am afraid of the withdrawal effects of quitting.
- I will become irritable or depressed if I stop.
- I smoke very few cigarettes; it isn't dangerous.
- I smoke light cigarettes; I run only a small risk.
- I have too many problems right now, or I'll wait until my Birthday, or New Year, or when I go on a pilgrimage, etc.

(Tick all the boxes that apply to you)

LIST ALL THE REASONS WHY YOU WANT TO STOP TOBACCO

GOOD REASONS FOR STOPPING

Stopping tobacco is one of the most important things you will ever do.

- I'll feel better, breathe easier, cough less and my energy will improve.
- I'll reduce the risk of serious illness
- I'll live longer
- Food will taste better
- I'll look better, No more burning holes in my clothes.
- I'll feel better about myself
- I'll save money



- I won't have to worry about impotence
- I won't feel odd in public
- I won't have to hide my habit from my children.
- I'll be a good role model for my children.
- My children will have fewer ear and respiratory infections.
- My spouse will be less likely to develop heart disease or lung cancer.



(Again, tick the boxes that will apply to you)

I want to change because

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2. KNOW YOUR HABIT.....

Record every tobacco dose you take (if you take 10 cigarettes/gutkha packets then there should be 10 entries for each day). This will give you an idea of times and places when you take and when you are most likely to miss your tobacco. After recording this information in the diary below, you would have a consolidated list of triggering factors for tobacco use. You can then plan exactly how you will deal with the above situations when you stop using tobacco. Here is a sample of how this diary will look. Your personal diary is provided at the end.

No.	Time When do I smoke/ chew tobacco?	Place Where do I smoke/ chew tobacco?	Activity What was I doing? Eg. Driving, Working on computer, being idle	Situation Who was with me?	Feeling How was I feeling? Eg. Tired, lazy, sleepy, angry, irritated, sad	Need How much do I need a cigarette or gutkha?
1						
2						
3						
4						
5						

Keep this diary till you quit completely. It will give you an idea about your tobacco habits and will help you to measure your tobacco intake.

3. NEXT, SET A QUIT DATE

Mark a specific day on your calendar so you can prepare for it. Choose an easy date when you won't be under much pressure at least for the first three days afterward. Don't delay too long. Remember, there's no time like the present.



Tell your family and friends about the quit date so that they can provide support.

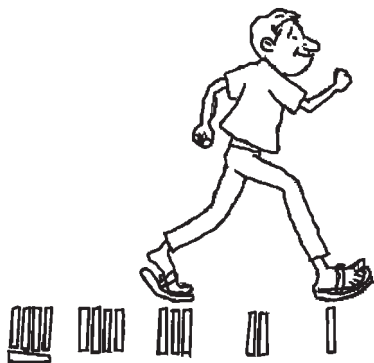
Make a contract to pay a family member or friend if they catch you smoking after the quit date. The amount should be large enough (Rs. 20 to Rs. 100) to discourage you from using tobacco, but not too large as to be ridiculous.

Take an Oath

Take an extreme "sacred" or superstitious oath. (Example: "If I smoke one more cigarette after the quit date, something bad will happen.") Although this seems absurd, some people, even well educated individuals, who have failed all other methods, have reported that they quit completely and successfully after taking such an oath.

4. THEN, CHOOSE A METHOD

There are lots of ways to quit. And different methods suit different people.



Option A: Tapering off S-L-O-W-L-Y

- Set your quit date for 1-2 weeks from the date you begin to taper off.
- Progressive reduction: Every day cut down one or more cigarettes/beedis/packet.
- Eliminate the least desired cigarette/beedi/packet first. Try putting off the first use of the day by one or two hours. Start, for example, with no tobacco use until nine o'clock. Next day, make eleven o'clock the earliest you can smoke/

chew and so on. If you choose a gradual method, try not to take more than two weeks to become tobacco-free.

- Buy only the number of cigarettes/beedis/packets that you plan to smoke/chew each day.
- On your quit date, stop tobacco altogether and begin your life as a non-tobacco user.

Option B: Cold Turkey (Stopping all at once)

- Set your quit date.
- Think about alternative activities to do instead of reaching for a cigarette/beedi or tobacco packet
- Stop using tobacco on your quit date. Remind yourself of the benefits and rewards of being tobacco-free.

My rewards will be:

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5. BEFORE THE QUIT DATE: MAKE CHANGES

After deciding on the quit date, make the following changes in your lifestyle.

Clean up the place! Get rid of reminders of smoking/chewing (lighters, ash trays, empty packets etc)

Change your routine. Want to know how?

*Don't smoke/chew during your regular tobacco using times (after lunch cigarette),

*Or at regular places (bathrooms, workplace, car, with friends, etc.)

Buy the brand you dislike!

Use your other hand to hold the cigarette/beedi (...oops..)

Put rubber bands around your pack (and THINK before you take it off)



Grab more sleep. Try to sleep early.

And before lighting up/popping the packet ask yourself 'do I really need this cigarette/chew?'

Try to put it away....try not to light up or pop the packet in your mouth...you can keep holding the cigarette/packet....the urge will pass....

Limit drinking tea or coffee (reminds you of a smoke/chew.)

Avoid alcohol/soft drinks. It increases the urge to smoke/chew.

Drink plenty of cold water, fresh juices, lassi etc. as substitute.

Try eating groundnuts or chewing gum

Learn to relax: Try slow deep breathing if you get tense.

Don't skip meals. Eat many small meals (but avoid fatty foods and sugar!).

MEDICINES THAT CAN HELP YOU QUIT.....

Every year, as many as 60 to 70 per cent of tobacco users want to quit, only about 20 per cent try, and only two to three per cent succeed by themselves. This is because nicotine is so addictive. That is why using medicine is additional to your own attempts to change can double your chance of quitting.

Nicotine Replacement Therapy (NRT)

NRT decreases the withdrawal symptoms and improves chances of stopping tobacco usage. NRT is in the form of a product containing nicotine which replaces nicotine received from tobacco. There are no serious side effects and dependency problems are very rare. It can be used from the day you stops smoking/chewing. NRT is not recommended for those who smoke less than 10 cigarettes or chew less than 10 packets a day. Heavy tobacco users (more than 25 a day) respond better to a higher dose of NRT.

NRT is currently available as patches and chewing gums.

The Gums

The nicotine chewing gums are similar to other chewing gum. It is used for at least 4 weeks, then as required. The gums come in 2mg, and 4mg. One may use 10 -15 pieces each day depending on craving. It is easy to use, discreet and easy to carry. Gums can be used for both smokers and chewers. There is a certain method to use the gums.

How Nicotine Gum is used...

1. Do not smoke or chew while using the gum.
2. Use one piece of gum at a time and use on a fixed schedule (1 piece/hour).
3. Chew gum slowly until a peppery taste or tingling of the gums occurs. Then, stop chewing and park the gum in between the gums and cheek until tingling stops. Start chewing gum again and repeat the parking and chewing process for about 30 minutes.
4. Parking the gum is necessary for the nicotine to absorb through the buccal mucosa.
5. **Do not eat or drink anything 15 minutes prior to and during the use of the gum.**

The Patches

The nicotine patches releases a constant amount of nicotine in the body; the nicotine dissolves right through the skin and enters the body. They are similar to adhesive bandages and are available in different shapes and sizes. Patches should be worn constantly and replaced every morning used for 8-12 weeks (at least 4).

The Pills

Bupropion is a non - nicotine treatment licensed for use in India. It can be used as an aid to tobacco cessation and is more effective when combined with behavioural strategies. It reduces the cravings and withdrawal symptoms associated with stopping smoking by acting on pathways in the brain that are believed to play a key role in nicotine addiction. It is available only on prescription and is safe and effective when used correctly.

Role of professional

The professional will counsel you regarding the changes that you need to make in order to quit (behavioural counselling) and will suggest what medicine is appropriate for you. Your physician may advise you on other treatments that aid in stopping tobacco.

STEP TWO: QUITTING



On your Quit Day

Keep yourself very busy. Change your routine when possible and do things out of the ordinary that don't remind you of tobacco. Remind family, friends and coworkers that this is your quit day and ask them to help and support you. You will feel the urge to consume tobacco, but it usually passes in 30-90 seconds. When you feel the urge, do something else. Take deep breaths and let them out slowly. Drink a glass of water. Carry things to put in your mouth like toothpicks, sweets, elaichi or cloves, sauf, etc. Go to places where you're not allowed to smoke. Buy yourself a treat, or do something to celebrate.

Take one day at a time

Whichever method you opt, concentrate on getting through each day without using tobacco, one day at a time. Say to yourself, "I will not have a cigarette/beedi/chew today."

Think like a non-user

Don't think of yourself as a smoker/chewer trying to quit. Think of yourself as a non-tobacco user and soon you will be.

DEALING WITH CRAVINGS

After you've quit, you may develop be strongest in the first week. Generally 30-90 seconds. You may also experience "rapid fire" cravings where they follow each other in rapid succession. As the days pass, the cravings will get farther and farther apart. Most cravings begin 6-12 hours after you stop, peak (stay high) for 1-3 days, and may last 3-4 weeks. Although they will pass the following steps (4 D's) can help you get through those nagging cravings.



cravings. Your cravings will individual "cravings" last

DELAY

Delay acting on the urge to smoke. Remind yourself that cravings are temporary. The urge will pass in a few minutes. Don't give in. Use some of the methods described below.



DEEP BREATHING

Take a deep breath through your nose and blow out slowly through your mouth, repeat 10 times.



DRINK WATER

Sip the water slowly and hold it in your mouth a little while. Or use other oral substitutes: carrots, pickles, sauf, apples, raisins, chewing gum all work to stop the psychological need.

DISTRACT

Take your mind off tobacco use. Get up and move around or refer to your list of reasons to quit. Anything that shifts your attention away from tobacco use for a few minutes can help. Talk with a friend about your urges and what you are doing about them. Take a nap or a shower or warm bath. Exercise.



Focus on the task you're doing, get back to your list of reasons to quit.

REMEMBER THE THREE R'S

REMINDE: Remind yourself why you decided to quit tobacco. Go back to your reasons for quitting and read them over again.

REHEARSE: Rehearse what to do to handle the urge to smoke/chew when challenging situations occur. Rehearse what you will say to a friend who offers you a cigarette or a packet of gutkha

REWARD: Each time you beat the urge to use tobacco, reward yourself in some small way. Congratulate yourself for your determination and effort.

COPING WITH WITHDRAWAL



Withdrawal symptoms you experience are actually good news. They mean your body is flushing out the harmful tobacco chemicals. Withdrawal symptoms begin as soon as four hours after the last smoke or chew, generally peak in intensity at three to five days, and disappear after two weeks. They include both physical and psychological symptoms. Few people experience all of the withdrawal symptoms below.

Difficulty Concentrating: You may feel unable to do one task for a long time. Smoking provided you with relaxation breaks. Now that you have quit, you still need to take a break. This may be quite difficult because cigarettes gave you a reason to stop working for 10-15 minutes and now you may have to think about a new reason. Take a break: look at a nice picture, look out of a window, close your eyes and relax for ten minutes. Try to come up with other things that you can do on a 10-minute break—maybe you can get some minor chores out of the way as a “break” from a repeated activity. Do different tasks instead of focusing on any one activity for too long. If you can, put off work when you feel unable to do it. Do important tasks during the times when you feel alert.



Insomnia (Difficulty in sleeping): You may wake up a lot during the night or have trouble falling asleep. Don't drink coffee, tea, and aerated drinks after 6 pm. Use relaxation/meditation techniques. Do not change your sleeping routine: always get up at the same time every morning. Prepare for sleep—before bed, allow for 15-30 minutes of “quiet time.” If you can't sleep, get up!

Irritability, Anger and Frustration: When you quit tobacco, you may feel more “edgy” and short-tempered. You may want to give up on certain tasks more quickly than usual. You may be less tolerant of others' behaviour and may get into more arguments with others. Take a walk. Exercise. Avoid caffeine. Have a hot bath or shower. Read up on relaxation/meditation techniques and use one. Take one minute and, with your eyes closed, pay attention to your breathing pattern. Breathe in deeply through your nose and breathe out through your mouth.



STEP THREE: LIFE AFTER STOPPING

REFUSE OFFERS OF TOBACCO



Stand up for your decision to quit. It's your right to say what you think. Ask for what you want and refuse things you don't want. That doesn't mean you have to upset people. Just tell people, “No thanks, I don't smoke,” or “Please don't offer me any more gutkha, I'm trying to quit.”

CHALLENGE NEGATIVE THOUGHTS

Become aware of negative thoughts such as, “this is too hard” or “just one cigarette/packet won't hurt.” People who **avoid** taking a single puff/chew increase their chances

of successfully quitting. Don't let negative thoughts ruin all your hard work. Stay strong. Stay positive.

TRY NEW WAYS TO RELAX

You don't need to use tobacco to relax. As soon as you feel stress, try these activities instead:

Deep breathing: Take a deep breath through your nose and blow out slowly through your mouth, repeat 10 times.

Tense and relax method: Lie down or sit in a comfortable position. Close your eyes and take a few deep breaths. Tighten your feet and toes and hold them tight for about three seconds, then relax them. Repeat this exercise for muscles between your knees and feet, then your thighs, stomach muscles and chest. Keep moving up your body, finishing with your mouth, face and scalp muscles. After you complete this exercise, wait a few moments. Then open your eyes.

Relaxation through the mind: Lie down or sit in a comfortable position. Close your eyes and take a few deep breaths. Imagine enjoying yourself at your favourite place, perhaps the beach, listening to the waves breaking on the shore, watching the birds circling overhead, or going for a swim. When you have relaxed, come back from your favourite place by slowly opening your eyes.

Relaxation through activity: Do some light stretches, go for a walk, park further from your destination so you can walk the extra distance, play a sport that suits your age and fitness level.

Seek support: Talk to a friend or family member when you feel your determination is fading.



AVOID RISKY SITUATIONS

If you've identified when you're likely to use tobacco, stay away from those situations, if possible, until you feel ready to deal with them. Avoid others while they're using tobacco. If all else fails, leave when the urge to use tobacco is over whelming. There are going to be those times when your mind and your body are so accustomed to using tobacco that even anticipating it isn't enough to stop the cravings. You have to take action.

Facing the Morning:

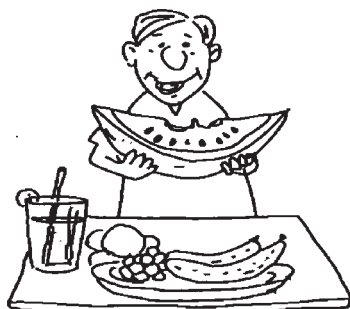


- When you wake up, think of alternatives to using tobacco.
- Expect that your morning tea or coffee will not taste the same without some tobacco.
- Plan a different waking up routine.
- Be sure no cigarettes/beedis/packets are available.
- Begin each day with deep breathing and one or more glasses of water.
- Make a list of early morning triggers, and avoid them.
- Begin each day with a pre-planned activity that will keep you busy for an hour or more.

Being Around other tobacco users:

- Expect some friends especially those who are tobacco users themselves, to end up trying to sabotage your efforts to cut down or quit.
- Ask others not to use tobacco in your presence.
- Provide an outside area where tobacco users may go if they wish to use.
- Post a small “No tobacco” sign by your front door.
- Excuse yourself, and don’t return until they have finished.
- Do not buy, carry, light, or hold tobacco for others.
- Cut down along with a friend.

Enjoying Meals:



- Expect the desire to use tobacco after meals.
- Expect the urge to smoke when you smell cigarette smoke at a restaurant.
- Expect the urge to chew when you see a whole lot of packets displayed at the pan wallah's shop outside a hotel.
- Know what kinds of foods increase your urge and stay away from them.
- Wash your own dishes by hand after eating—you can't smoke with wet hands!
- Go for a brief walk after meals.

Having a Drink:

As a smoker, you may feel a strong urge to smoke when drinking alcohol. Know this up front if you are going to drink.

- Switch to non-alcoholic, non-caffeine drinks during the first two weeks of withdrawal, especially fruit juices.
- Stay away from your usual drinking places for some time.



Relaxing:

You may still want to reach for a cigarette/gutkha whenever you start relaxing if you had been doing so for years. You may reach for a cigarette/gutkha in order to ease the anxiety.

- Repeat this to yourself: "I can learn to relax without having a cigarette/gutkha."
- Engage in activities that use your hands, like sewing, carving, working puzzles, playing cards, etc.

- Make an extra effort to share your leisure time with a friend, a child or even a pet.
- If the urge to use tobacco gets too strong, stop relaxing and start doing something physical until the urge passes.
- Deep breathing is a good way to deal with tension almost anywhere and at any time.

Rewarding Yourself:

Finishing a hard job or celebrating a special occasion might lead you into wanting to treat yourself with some tobacco.

- Be on your guard at these critical times.
- Think of non-tobacco rewards; take time to read a book, listen to a favorite tape or telephone a friend.
- Put the money you are saving by not using tobacco, into a jar everyday.
- Keep a list of things you want to buy with the money and buy them.
- Remind yourself that your real reward will come later...in the form of several extra years of health.

Talking on the Telephone:

- Pick up a pencil and have a large memo pad for doodling.
- Hold the phone with the hand you used for smoking.
- Keep some gum by the phone; chew while you talk.
- **Note down which calls make you want to use tobacco.**

When you are tired after a hard day's work:

When you are tired after a hard job you may tend to use tobacco. Long work hours and demanding work shifts have been linked to tobacco use.

- Plan your work and organise your time. Use a schedule planner and schedule tasks.
- Follow your bio-clock. Try to schedule the hardest tasks during your hours of peak performance and concentration.

- Make “TO DO” lists. List everything you need to do in order of priority.
- Take breaks. Avoid working around the clock.
- Sleep. Make sure you get enough sleep.

Travelling:

- Expect the urge to reach for tobacco when driving a car or travelling as a passenger.
- Turn your radio on or put on your favorite tape and sing along.
- Tell yourself:
 - “This urge will go away in a few minutes.”
 - “My car smells clean and fresh!”
- Remove the ashtray, lighter, and any tobacco product from your car.
- Ask friends not to use tobacco in your car.
- If not driving, find something to do with your hands.

Watching TV:

TV programmes or advertisements may provide you with many “triggers” to use tobacco (i.e. movies that show tobacco use, etc.) The time of the day that you watch TV may also be a tobacco use “trigger.” For example, you may be used to smoking or chewing when watching a news programme or a late night talk show.

- Get rid of cigarettes/tobacco, ashtrays, and lighters.
- Sit in a different place.
- Have salty snacks handy.
- Channel surf away from high trigger content shows—change the channel when you see people using tobacco.

Coping with stress:

Stress is common in day-to-day life and people tend to use tobacco when they are stressed.



- Practice relaxation—take a minute and, with your eyes closed, pay attention to your breathing pattern. Breathe in deeply through your nose and breath out through your mouth.
- Practice meditation for 15 to 20 minutes.
- Listen to relaxing music or read a book.
- Take a hot shower.
- Just go out for a walk.
- Watch a funny movie.
- Engage in an activity you enjoy to divert your attention.
- Spend time with your family.

COPING WITH SETBACKS

Is having a cigarette/gutkha the end of the world? **No**. Quitting is probably one of the most difficult things to do. If you do have a smoke /chew after quitting, it's just a slip-up, not a setback. Remember, quitting takes a lot of work and effort. So don't get discouraged if you don't quit on your first try.

- Look at the situation in which you used tobacco and work out ways to deal with it in the future.
- Think of how long you've gone without any cigarettes/gutkha. Remind yourself that it's only a slip and that you can get back on your feet and quit for good.



- Say to yourself, “it isn’t easy to quit, and I’m not going to give up just because of one little mistake. Sure, I’m disappointed, but I’m also determined. I’ll learn from this. Next time I’ll know what to do.”
- Don’t panic. Lots of successful quitters have made several serious attempts. In fact, it takes the average tobacco user seven times to quit for good. Try to identify what went wrong and give it another shot.

Go back and use this book as your personal Instruction manual and resource.

Think again...and think about tomorrow...and what will work for you

Think about the following questions and issues before you try to stop using tobacco. You may want to discuss your answers with your helping professional.



I want to stop because

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When I tried to stop in the past, what helped and what did not?

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What will be the most difficult situation for me after I stop?

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I will handle it by

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During tough times I will take help from

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What pleasures do I get from using tobacco? What ways can I still get pleasure when I stop?

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Tobacco Use Diary

No.	Time When do I smoke/ chew tobacco?	Place Where do I smoke/ chew tobacco?	Activity What was I doing? Eg. Driving, Working on computer, being idle	Situation Who was with me?	Feeling How was I feeling? Eg. Tired, lazy, sleepy, angry, irritated, sad	Need How much do I need a cigarette or gutkha? 1-No need 2-Not much 3-A little 4-Need it 5-Need it very much 6-Need it desperately
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Mark Your follow-ups

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3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4
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26	26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28	28
29	29	29	29	29	29	29	29	29	29	29	29
30		30	30	30	30	30	30	30	30	30	30
31		31		31		31	31		31		31

For more information just walk into

TOBACCO CESSATION CLINIC

VENUE: DE ADDICTION OPD (OUT PATIENT DEPARTMENT)

CLINIC DAYS: MONDAY AND SATURDAY

TIMINGS: 9:00 AM TO 1:00 PM

PHONE NO: 26995311/12

Stopping tobacco is a gift for yourself and your family

Note: This has been compiled from various sources for the benefit of tobacco users.

Tobacco Use: A Smart Guide

**On WHY you should
stop....and HOW....**

**Tobacco Cessation Centre
National Institute of Mental Health and Neuro Sciences, Bangalore**

2007

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