

Quit smoking, embrace health

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It is no secret that smoking is detrimental to one's health. The negative impacts of tobacco on the human body are extensive and well-documented. From cardiovascular diseases and respiratory disorders to various types of cancer, smoking poses significant risks to both smokers and those exposed to second-hand smoke.

Smoking damages the cardiovascular system, increasing the risk of heart attacks, strokes, and other heart-related ailments. Inhalation of tobacco smoke can cause severe respiratory issues such as chronic bronchitis, emphysema, and asthma. "It is the leading cause of various types of cancer, including lung, throat, mouth, esophageal, and bladder cancer. Smoking also has detrimental effects on reproductive health in both men and women. It can lead to infertility, complications during pregnancy, low birth weight, premature birth, and increased risks of stillbirth or sudden infant death syndrome (SIDS)," says Dr Sreenivasan V, Consultant & Interventional Pulmonologist, Gleneagles Global Health City. He adds that Tobacco accelerates the aging process, causing premature wrinkles, sagging skin, and a dull complexion. Smoking also impairs blood flow, reducing the skin's ability to heal and recover from damage. Quitting smoking is undoubtedly challenging, but the rewards are immeasurable. By choosing to quit, you are taking a significant step towards a healthier future, improving your overall well-being, and positively influencing those around you.

In one such attempt, the de-addiction clinic at MGM Cancer Institute is providing support and guidance to individuals who are determined to quit smoking. A psycho-oncologist will work closely with each patient. Dr MA Raja, Director Senior Consultant, Medical Oncology, Director of Oncology Services, MGM Cancer Institute, said that we aim to create a healthier society by assisting individuals in their journey towards a tobacco-free life. Through this onemonth free counselling programme, we hope to emphasise the importance of healthy eating habits."