



## WORLD NO TOBACCO DAY(31 May 2012)

"The World Health Organization (WHO) selects "tobacco industry interference" as the theme of the World No Tobacco Day, which will take place on Thursday, 31 May 2012.

The campaign will focus on the need to expose and counter the tobacco industry's brazen and increasingly aggressive attempts to undermine the WHO Framework Convention on Tobacco Control (WHO FCTC) because of the serious danger they pose to public health.

On World No Tobacco Day 2012, and throughout the following year, WHO will urge countries to put the fight against tobacco industry interference at the heart of their efforts to control the global tobacco epidemic" (WHO)

### THESE ARE THE FACTS ON SMOKING :

#### IN THE WORLD:

-Over 1.3 billion people in the world smoke ..

-6 million die every year from smoking, of which more than 600 000 people who were exposed to second hand smoke

by 2030 Smoking will kill 8 million people?

-Tobacco use is one of the leading preventable causes of death

-Smoking causes one death every 6 seconds

-700 million children are affected and damaged by passive smoking!

-Tobacco use is one of the biggest contributors to the epidemic of noncommunicable diseases - such as heart attack, stroke, cancer and emphysema - which accounts for 63% of all deaths, nearly 80% of which occur in low- and middle-income countries. Up to half of all tobacco users will eventually die of a tobacco-related disease

-In every cigarette there 3 very harmful ingredients:CO,NICOTINE and TAR

-Every cigarette contains about **4000 harmful chemicals** with at least 60 which are carcinogenic and cause cancers!

-The cost of one's smoking cigarettes in his/her life time is: **£50 000!!!**

-Nicotine is a poison and is very addictive,10 times more than heroin..! and is quickly absorbed by the brain, within few seconds..

-Smoking causes about 25 diseases like :

lung cancer(80%),heart attacks/diseases, stroke,chest infections and diseases,fertility problems,male impotence and it damages too the sperms and eggs... Almost every organ in the body is damaged by smoking!

Smoking among women,is linked also to :breast cancer,cervical cancer,miscarriage,premature birth and low IQ among the born children .

So women will have More diseases and more medical problems!

-Smoking makes every any disease in the body worse and worse

-Smoking makes you age earlier and the skin looks like the skin of an old person

-Smoking harms family/ people around you:Damaged organs and diseases and death(due to PASSIVE SMOKING/Second hand smoke)

- SMOKING CAUSES **BLINDNESS too!!!**

at least **53 900** in Britain suffer visual impairment as a result of smoking..17 800 become BLIND because of smoking!

-SMOKING DURING PREGNANCY AFFECTS THE BRAIN OF THE CHILD AND CAUSES: **LOW INTELLIGENCE!!!**

-Smoking is **EPIDEMIC** all over the world especially in many Arabic and Muslim countries like :

Kuwait,Iran,Iraq,Syria,Egypt,Lebanon etc...very high among Bangladeshi Muslims..Pakistanis, etc..

**in Saudia Arabia** :6 million people smoke: 15 billion cigarettes/year,wasting about 1.3 billion dollars,and the Ministry of Health spends 10-15 % of its annual budget on the treatment of diseases caused by smoking?

IN BRITAIN:

Over **120 000 people** are killed by smoking every year..!

Many thousands Muslims die from smoking and more than **2000 Muslims** are killed too every year by passive smoking alone!

But many millions are Chronic patients ,suffering from many smoking related diseases and filling our GP surgeries,clinics and hospitals.

Unfortunately ,Bangladeshi Muslims have higher rate of smoking,more than the white indigenous population?

A lot of Pakistani and Arabs have a high rate of smoking too.

**In the Muslim world today,there are about 500 FATAWA/Islamic rulings which consider smoking:HARAM(forbidden)!**

**There are about 10 Islamic reasons which make smoking HARAM/Forbidden today!**

**Unfortunately most Muslim smokers are not aware of this big Fatwa:prohibition...and they lack too the medical knowledge regarding the many diseases resulting from smoking and that smoking KILLS the smoker!**

**The final Prophet Muhammad(peace be upon him) has said:**

**" No harm to you and no harm to others" ..Smoking does both!**

**One new horrifying fact to add:**

**Blood/Haemoglobin from PIG/PORK has been found recently to be used in the making of filters in some cigarettes?**

**This will make smoking cigarettes DOUBLY HARAM(Forbidden)!**

**Muslims in the world are not aware of this new discovery/added haram!**

**ALL ARABS AND ALL MUSLIMS SHOULD TAKE NOW THESE NEEDED ACTIONS ON WORLD NO TOBACCO DAY:**

- A National and International Health and Islamic education campaign ,is very much needed today especially in Arab and Muslim countries.
- All Imams in the mosques should talk about the prohibitions and the reasons of the prohibition in their Friday coming Sermon.
- Muslim and Arab doctors should offer their voluntarily medical knowledge and services to educate and offer help to save their own communities
- All Muslim and Arab TVs/satellites,radios and newspapers should be utilised well for this most needed education
- Children should be well educated and watched carefully and prevented from picking up the habit early in life
- No doubt,some counselling will be needed for many smokers in order to address the psychological factors/stress and some of the reasons behind smoking.
- All Muslims who smoke and all smokers should STOP and QUIT smoking..

No doubt,the best time for the Muslims to stop smoking is in the fasting month of Ramadan,which is soon on 20 July!

SMOKING SHOULD BE **STOPPED AND PROHIBITED** ON ALL THESE GROUNDS:

- Islamic/religious
- Health/medical
- Economic
- Enviromental
- & Safety grounds

Enclosed finally some important organisations which help people to stop smoking in the UK:

**-QUIT**

website: [www.quit.org.uk](http://www.quit.org.uk) Tel no: 0800 00 22 00they have also many numbers in different languages:Urdu: T 0880 00 22 88,Bangali:T 0800 00 22 44))

**-NHS SMOKING HELPLINE**

Website :[Smokefree.nhs.uk](http://Smokefree.nhs.uk) Tel no: 0800 169 0 169 /0800 0224 332

**-ASH**

Website:[www.ash.org.uk](http://www.ash.org.uk) Tel no: 0207 739 5902

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NB: I am available for interview