

Ramadan Mubarak

GET HELP TO STOP SMOKING THIS RAMADAN

2 All **tobacco** products **should be avoided**, including vapes and shisha. Chewing stimulants like khat, along with betel quid, paan, gutkha, zarda and khaini, are also **harmful** and **cause cancer**.

3 By **stopping smoking**, you will **reduce** the risk of **developing** avoidable **cancers**. It is estimated to cause around **27%** of all cancer deaths in the UK, and nearly **20,000 deaths** from cardio-vascular disease **every year**.

RATES OF CARDIOVASCULAR DISEASE ARE HIGHER AMONG SOUTH ASIAN & BLACK COMMUNITIES

4 Most **smokers** successfully **reduce** their **smoking** when fasting **in Ramadan**. You can get help to maintain this behaviour once you've opened your fast, and beyond.

5 Make the intention this Ramadan to have a **smoke** and **tobacco free year**. Enjoy the benefits in recovering your taste, having **better health** and **improved wealth!**

Free help and support

Use your local NHS stop smoking, cessation services, free support is readily available all year round. The NHS Quit Smoking app is also free and can be downloaded to help track your progress over 28 days.

Find your local Stop Smoking Service via www.nhs.uk/better-health/quit-smoking