

# CONSUMPTION OF SMOKELESS TOBACCO VERY HIGH IN INDORE

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**INDORE:** Indus Health Plus in association with CHL Group of Hospitals released healthcare abnormality report on Thursday for the 'World No Tobacco Day' falling on Saturday. The report emphasised on the diseases risk due to tobacco intake in Indore, which has become a major health issue and a social problem worldwide.

It revealed some alarming facts and figures like consumption of smokeless tobacco is very high in Indore. Almost 15-20% of young generation smokes cigarette and 5-10% chew tobacco in raw form and thus, 16% of population has high risk of developing head and neck cancer.

Females of the city are found to have been diagnosed with high stress levels. Almost 10-15% of females consume chewing tobacco causing mouth cancer. Smoking is increasing the risk of infertility among females in the age group of 28 to 35 years.

Nearly 8% of men were under the threat of neck and oral cancer, while 7-10% was under the risk of head cancer.

Amol Naikawadi, preventive healthcare specialist, Indus Health Plus said, "The tobacco epidemic needs immediate attention. Passive smoking equally increases the risk of cancer, COPD and sudden cardiac arrest."

He further said, "To encourage people to quit smoking, other than increasing the prices of tobacco, the rule of no public smoking should be strengthened and people should follow the same stringently."

Experts are in opinion that if one realises the after effects of tobacco consumption, a strong will power is all that one would need to avert the problem of tobacco driven diseases.

