

Quit Today! Quit Now!



Indus Health Plus assistant manager Trisha Roy along with the two cigarette shaped mascots.

With the number of smokers in Goa having increased by seven per cent in the last one year and ghutka and other tobacco products going up significantly, it is no surprise that there is an increase in oral cancer cases in the State.

In a to end or atleast curb this growing tobacco epidemic, Indus Health Plus launched its Quit Today, Quit Now campaign in at Panaji on Saturday to mark the occasion of World No Tobacco Day on May 31 with the aim of spreading the message among masses about the ill effects of consuming tobacco.

The event was flagged off at Inox courtyard, Panaji, where two cigarette shaped mascots encouraged people to quit smoking and indulge in healthy living by distributing booklets with startling facts about the harmful effects of consuming cigarettes and tobacco products.

Indus Health Plus assistant manager Trisha Roy said, "Smoking is getting common among the younger generation as it is a style statement and because of peer pressure. Smoking develops the risk of early cancer and lung diseases among population especially in youth reducing the lung age by 10 years as against your actual age. We strongly believe such mass awareness campaign will go a long way and create a positive impact in quitting tobacco usage in any form among the consumers."

"As compared to last year, the numbers of smokers has increased by seven per cent in Goa with an increase among female smokers between the age group of 25-35 years," added Trisha.

Trisha stated that in a recent abnormality report by Indus Health Plus based on preventive health checkups of 18000 people in Goa, it has been observed that 12 to 15 per cent of males between the age group of 45 to 55 years consume more tobacco as compared to last year.

"52 per cent of adults are exposed to second hand smoke at home and more than 15 per cent of males and females from a younger population were detected with risk factors of lung and mouth cancer," said Trisha.

Among smokers and tobacco consumers 20 to 22 per cent males and 15 to 18 per cent females were under the risk of heart problems. While 4 to 7 per cent of people complained of chest pain and 4 to 5 percent suffered from bronchitis and chest congestion, added Trisha.

"Experts believe that oral cancer and respiratory diseases can be controlled if people will quit tobacco, be physically active and eat healthy diet," added Trisha.

Manipal Hospital observe World No Tobacco Day

In the same vein, Manipal Hospital, in association with National Organisation for Tobacco Eradication (NOTE), observed World No Tobacco Day at the Hospitals premises, in the presence of chief guest North Goa District Collector Nila Mohanan, and dignitaries Dr Sachin Jain and Dr Shekhar Salkar.

The aim of this program was to promote the world wide movement to ban packaged, flavoured chewing tobacco and ban of e-cigarettes.

A poster made by members of a Mahila self help group from Mapusa who are actively involved in cancer awareness programs appealing to ban the sale of loose tobacco products and cigarettes was presented. Notes giving legal justification for why these products should be banned and a draft notification in connection with the same was also presented.

During her speech Collector Nila Mohanan assured the gathering that she would act on the appeal presented to her and also exhorted and encouraged the audience to be vigilant as individuals and immediately report to parents of minors seen consuming tobacco products.

