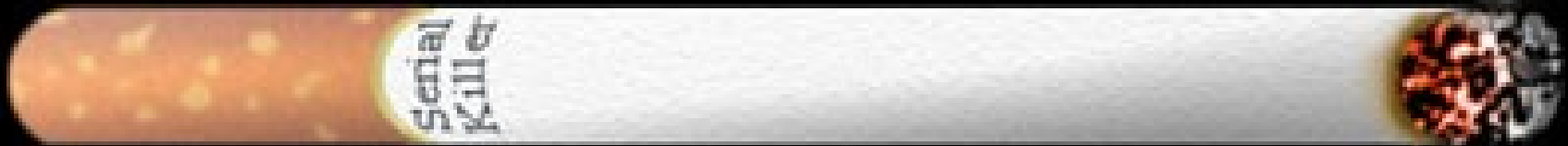


# Smoking !!!!! Not coooooool !

Presented by : Mahmoud Maged & Jingli Zhang



**It may seem so cool**



**It may seem so cool**



# Q1: What is in a cigarette ????





**CADMIUM**  
BATTERIES



**STEARIC**  
**ACID**  
CANDLE WAX



**TOLUENE**  
**HEXAMINE** INDUSTRIAL  
BARBECUE LIGHTER SOLVENT



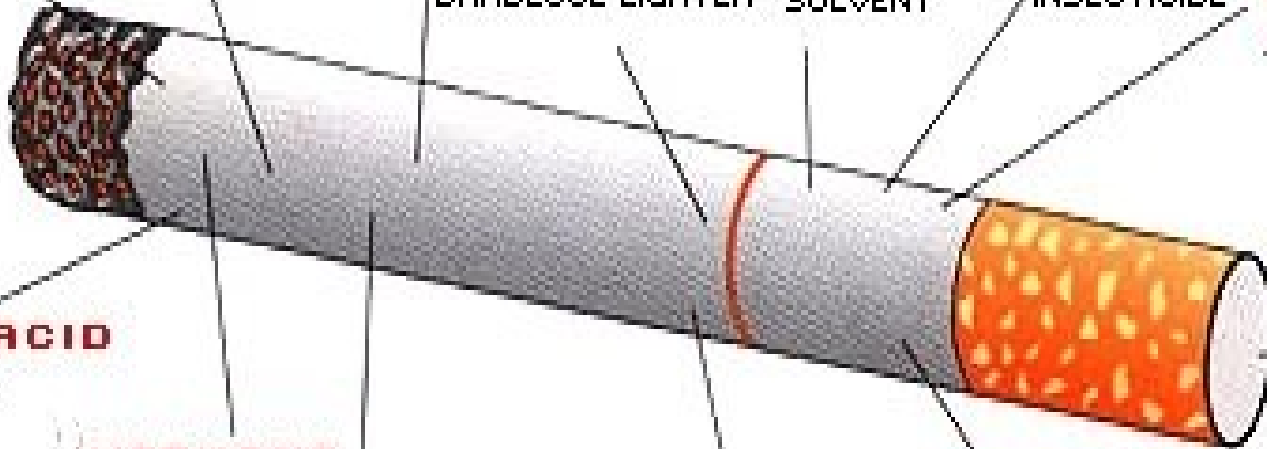
**NICOTINE**  
INSECTICIDE



**AMMONIA**  
TOILET CLEANER



**BUTANE**  
LIGHTER  
FLUID



**ACETIC ACID**  
VINEGAR

**METHANE**  
SEWER  
GAS

**ARSENIC**  
POISON

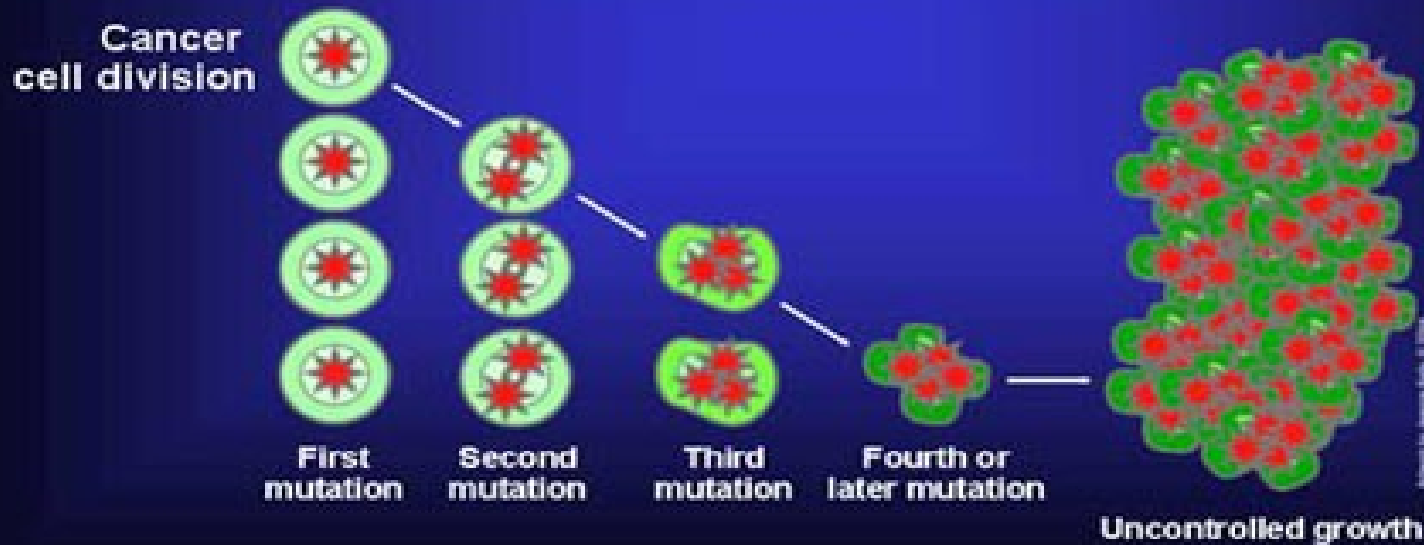
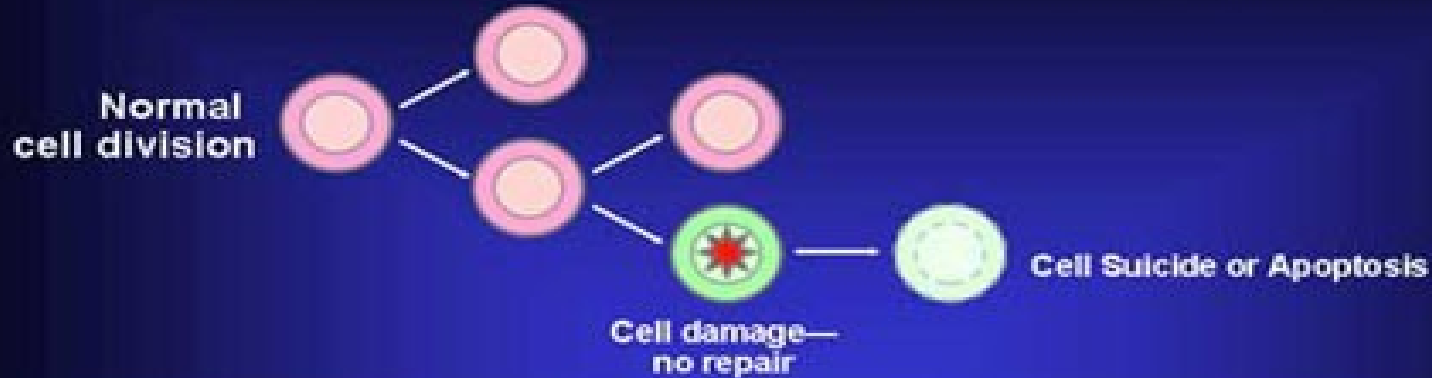
**CARBON**  
**MONOXIDE**  
CAR  
EXHAUST

**METHANOL**  
ROCKET FUEL



# What is cancer ???

## Loss of Normal Growth Control



# This is cancer



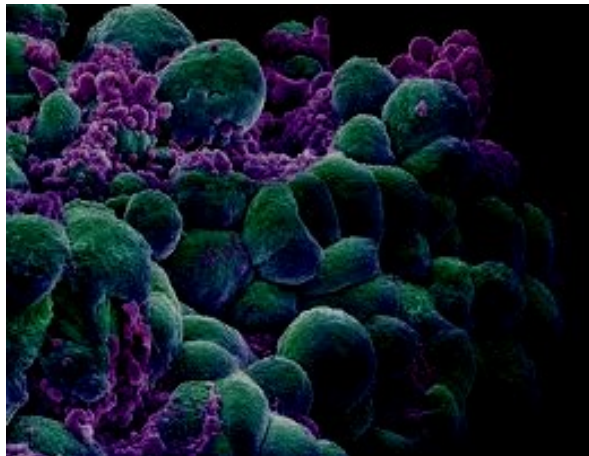
**Our body is  
made of normal  
human cells that  
are healthy .**

**When these cells  
grow rapidly,  
they destroy  
other cells and  
organs.**

**SMOKING  
CAUSES THAT  
TO HAPPEN.**

# Cancer

- Cancer is a large class of diseases in which a group of cells display uncontrolled growth that destroys adjacent tissues, where the tumor cells spread to other locations in the body via the lymphatic system or through the bloodstream.



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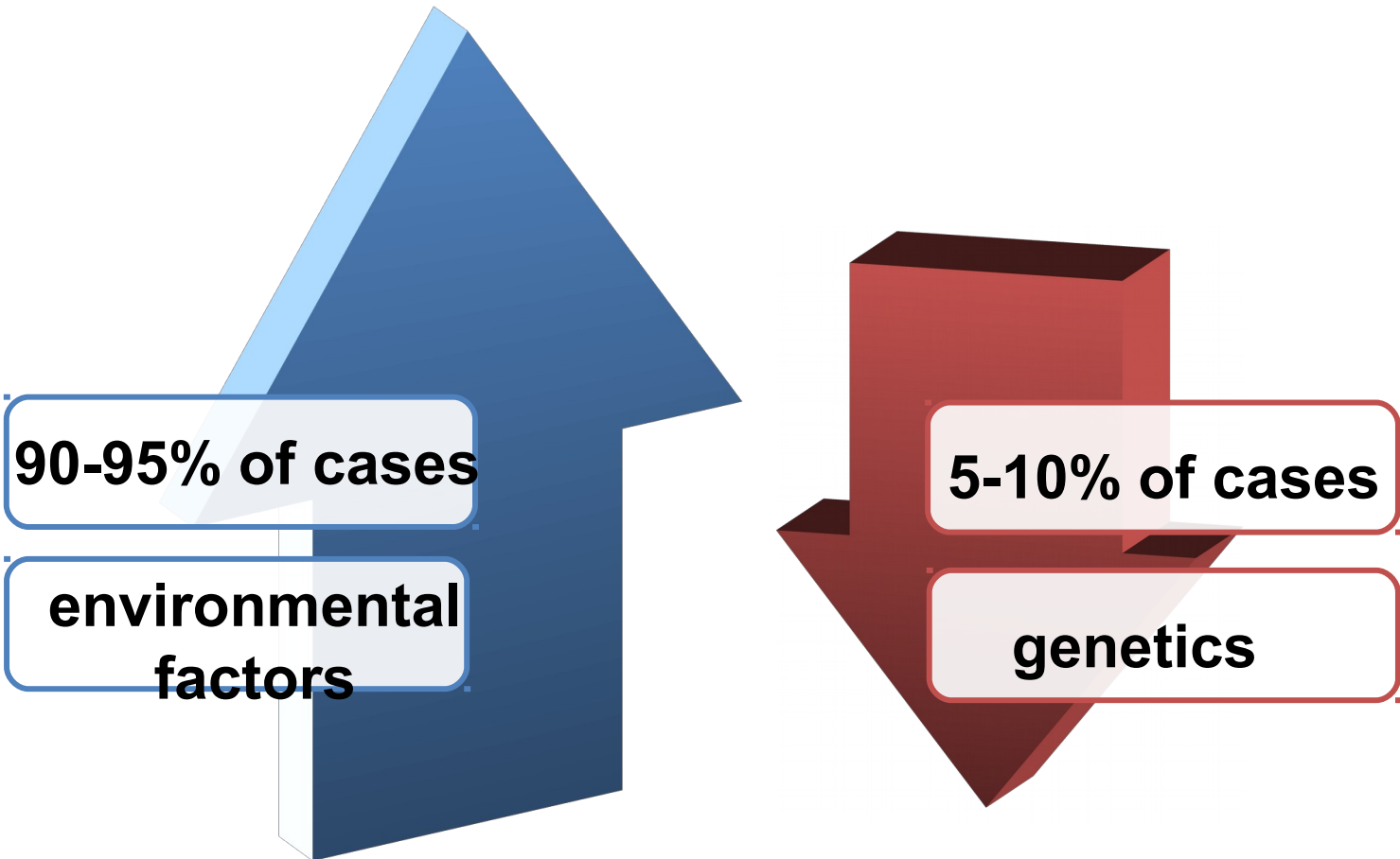


# Cancer

- There is another type called ***benign tumors***, which do not grow uncontrollably, directly invade locally to regional lymph nodes distant body sites like brain, bone, liver, or other organs.

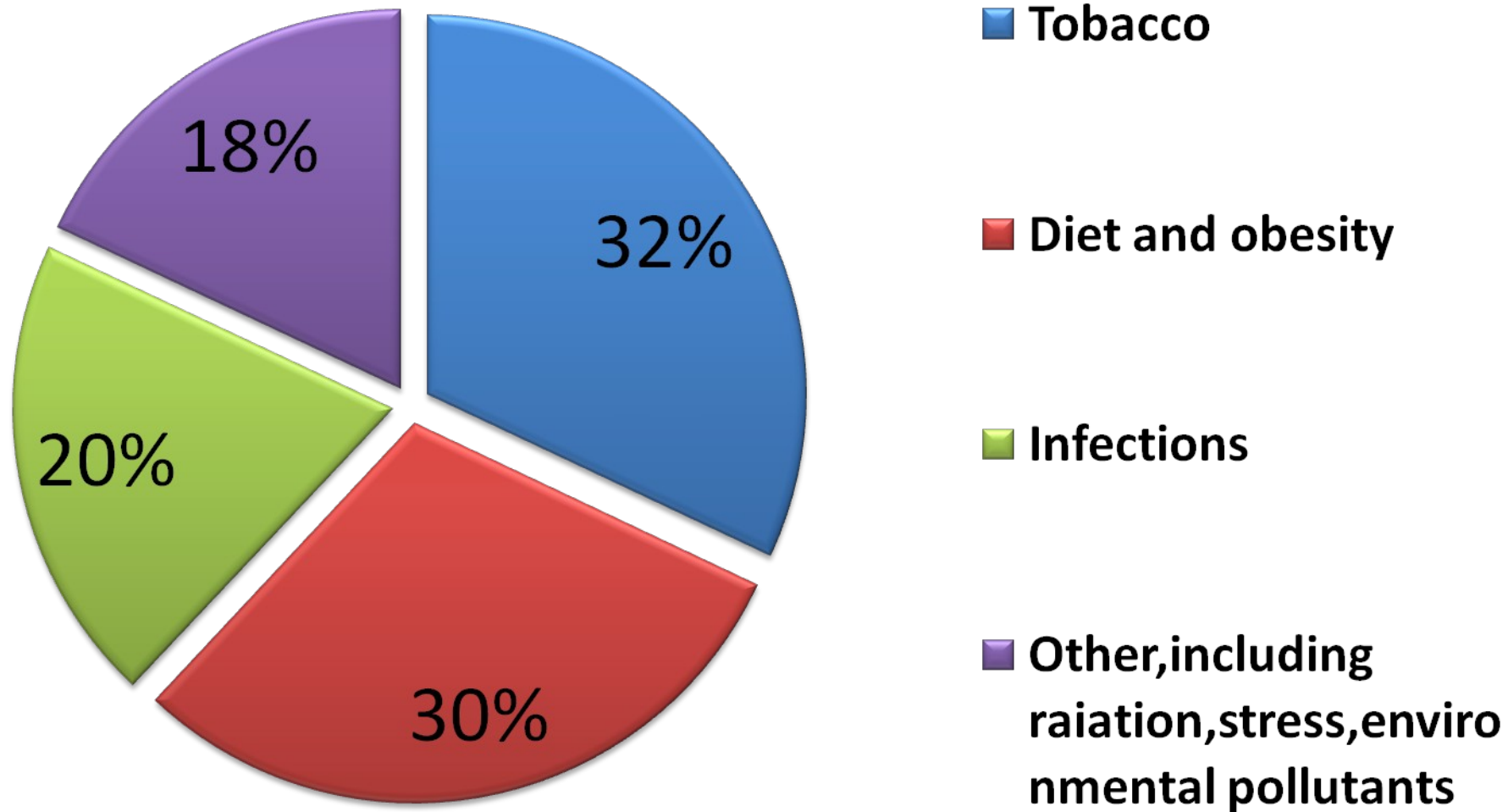


# Causes



**Cancers are primarily an environmental disease.**

# Common environmental factors contribute to cancer death



# Causes

Since a cigarette contains tobacco so smoking can cause cancer by 32%.



# Comparison

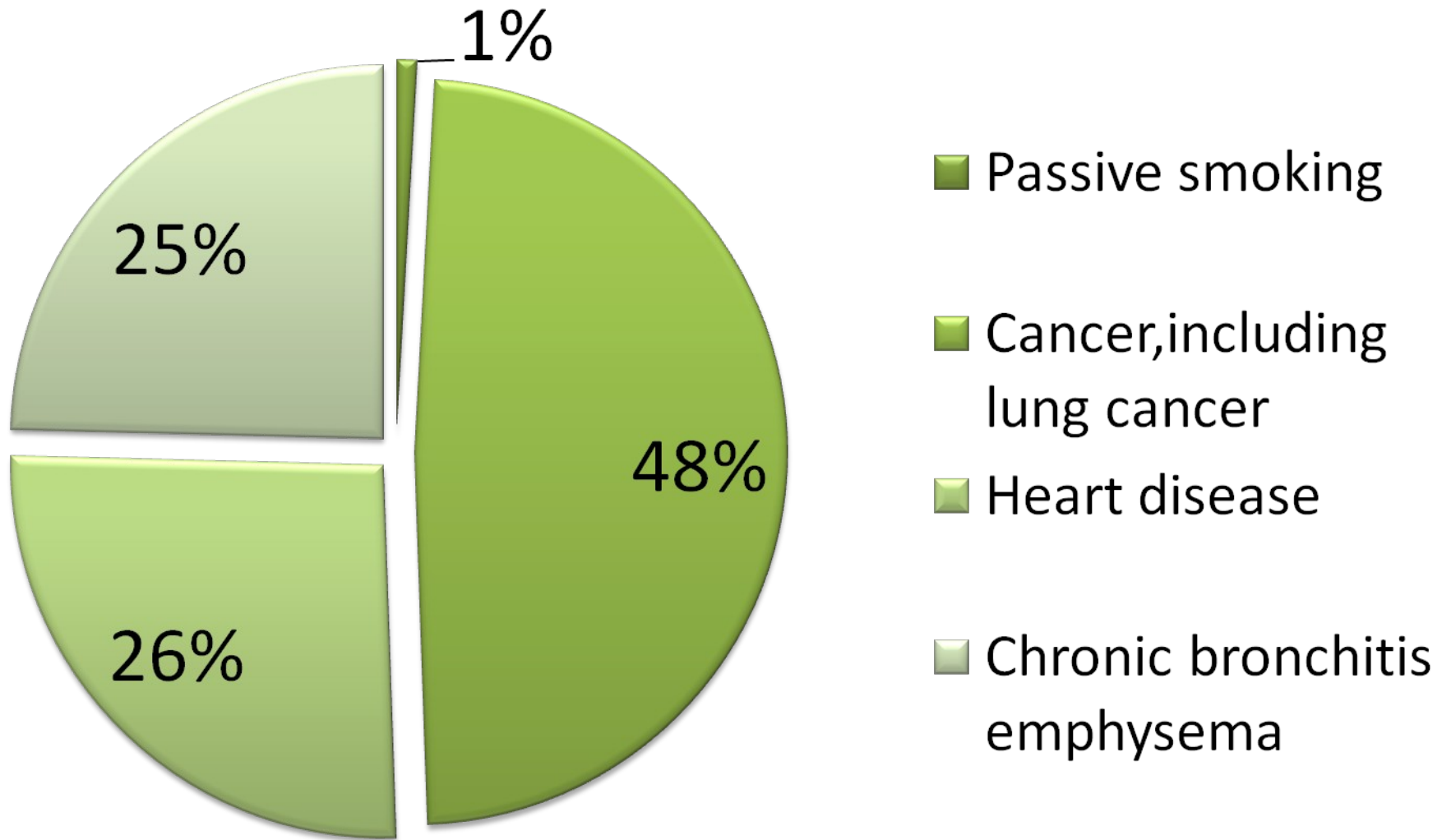


**Smoking**  
**causes fatal lung cancer**

# Smoking **is not only** bad for you



# Deaths from tobacco related disease



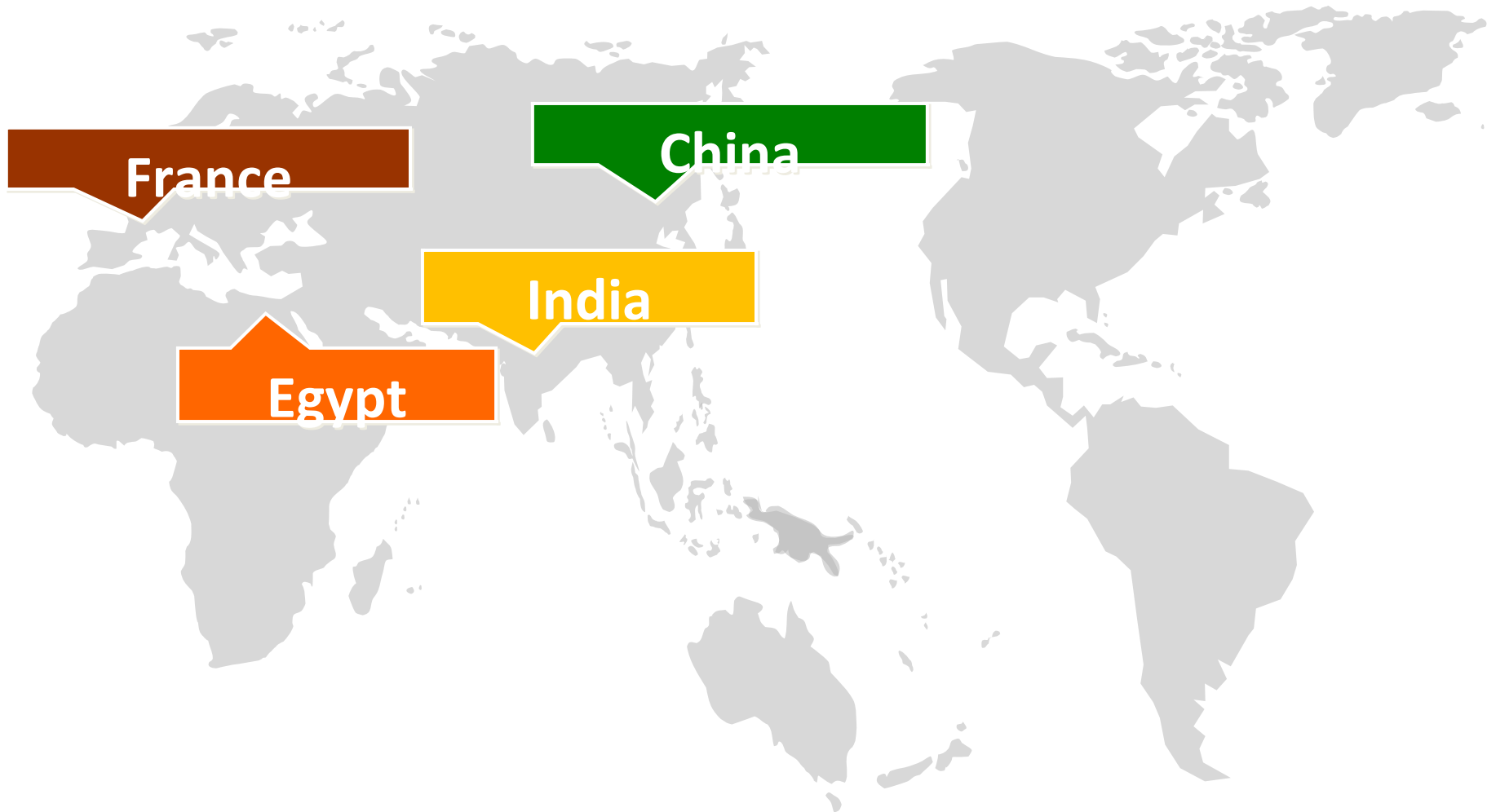


# How Countries prevent passive smoking





# How Countries prevent passive smoking



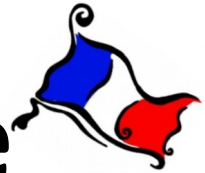
# Egypt & China



In Egypt and China, there is **fine** that has to be paid if a person smokes in a public place such as public buses , classes and closed areas



# Smoking police in France



# How about India?



# Prevention in India



**Special smoking  
places**

1

**Fine if smoking  
occurs in a public  
place**

2

**Educate people  
about the hazards**

4

**Health centers help  
smokers to quit**

3

**Q2: What can we do to save ourselves ?**



# What can we do?

## Step 1

**Avoid  
Temptation.**

## Step 2

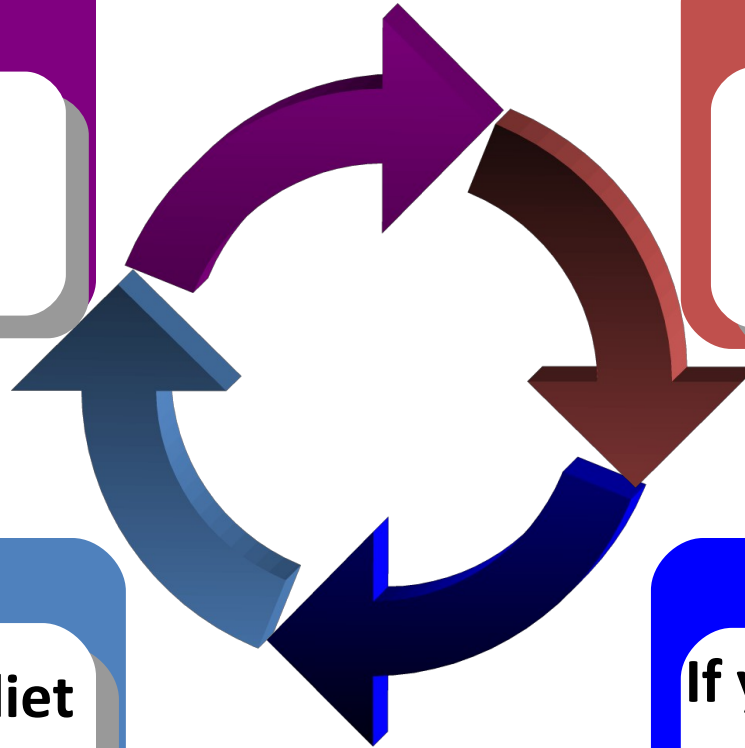
**Don't go to places  
where there is  
smoking.**

## Step 3

**If you see somebody  
smoking , tell him  
to PUT IT OFF.**

## Step 4

**Keep a healthy diet  
play a lot of  
CRICKET !**

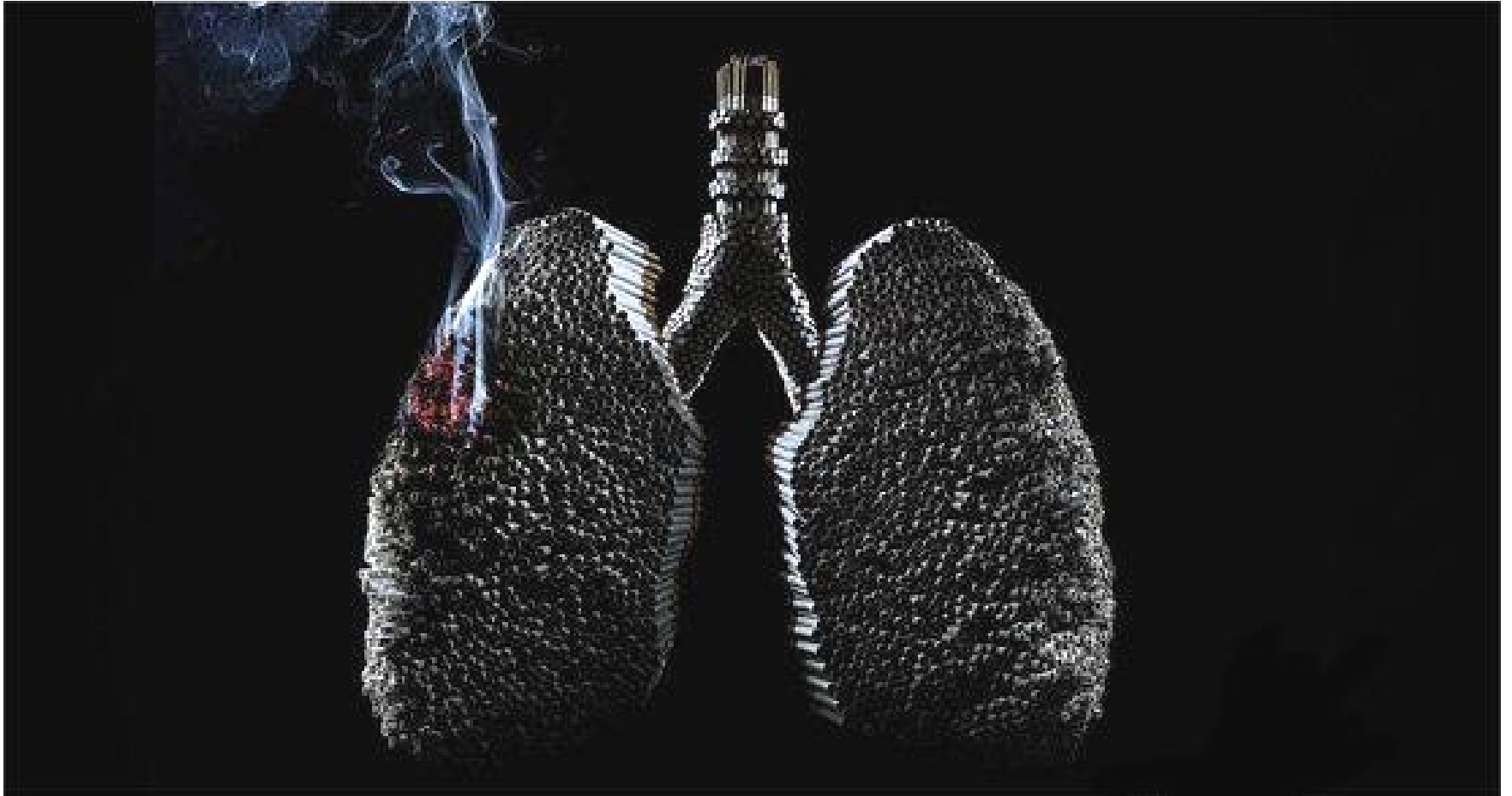




**Thank you for your time and  
remember :**



**A cigarette will end your life !!**



# What are we?

——Prosthahan team (NGO)



# Introduction

- We are a group of people and volunteers who's main objective is to
- create mass awareness involving every citizen in India to **live a healthy and peaceful life** !





# Healthy Living



# Our Objectives

- Global warming and climate awareness.
- Health awareness.
- Road safety and traffic awareness.
- Human rights and consumer right.
- And a lot more .....



# Just join us!



- [www.prothsahanteam.com](http://www.prothsahanteam.com)

# Other Preparation for workshops

- Q1: what is in a cigarette
- Q2: What can we do to save ourselves ?

Video : of a doctor explaining the risks involved in smoking and ways to prevent it

Drawings : of both a healthy and a damaged lung and the kids can colour each with the appropriate colour (pink and black ).