

# **WORLD NO TOBACCO DAY AWARENESS**



**May**

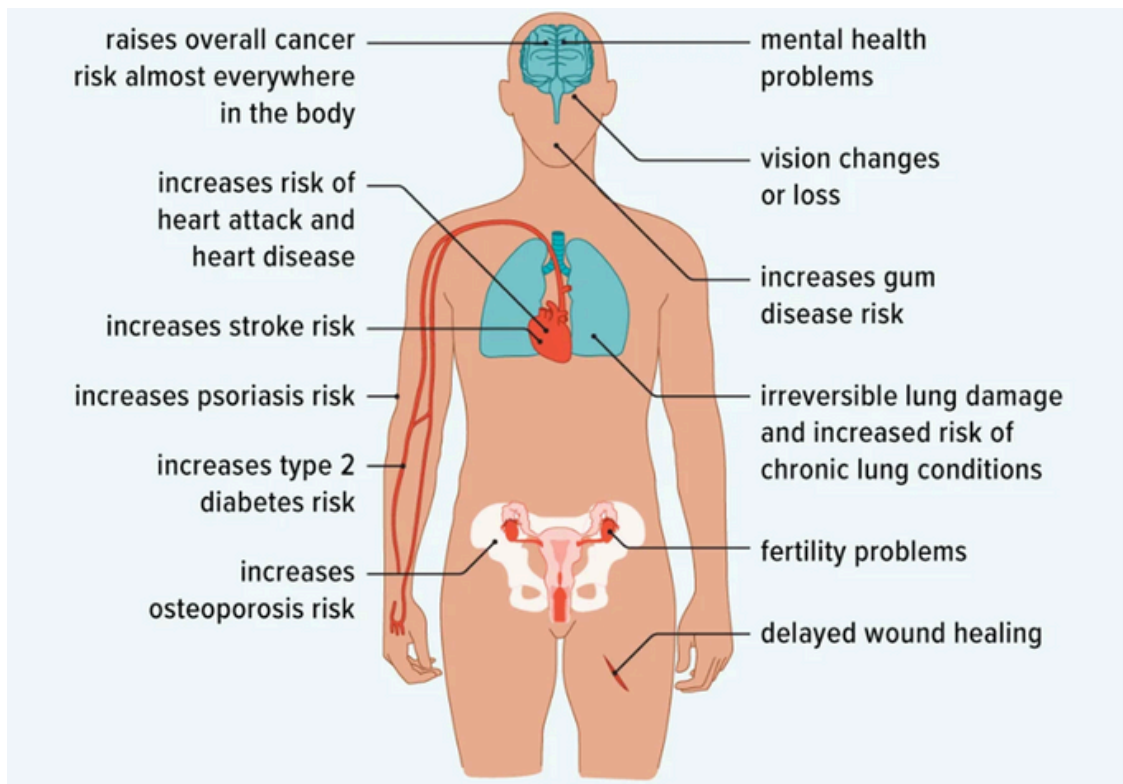
**2025**



**PAN-AFRICAN**  
MANAGED CARE

Tobacco is a plant most commonly used to produce cigarettes, and it contains nicotine which is an addictive drug with both stimulant and depressant effects. Tobacco smoking remains one of the leading preventable causes of morbidity and mortality globally. According to the World Health Organization (WHO), tobacco is responsible for more than 8 million deaths each year, with over 7 million resulting from direct tobacco use and about 1.3 million from exposure to secondhand smoke.

### Health Effects of Tobacco Smoking on the Body:



The harmful effects of smoking are well-documented and affect nearly every organ of the body. Quitting smoking reduces the risk of developing smoking-related diseases, and the benefits are seen at any age. More efforts must be made to focus on prevention, cessation support, and policies that reduce tobacco use.

### For Assistance on How to Stop Smoking, Visit these Websites:

- <https://www.byegwaai.co.za/>
- <https://cansa.org.za/how-to-quit-smoking-and-why/>
- <https://heartfoundation.co.za/stop-smoking/#:~:text=National%20Quit%20Line%20%2F%20National%20Council%20Against%20Smoking&text=A%20telephonic%20advice%20service%20on,a%20personal%20guide%20to%20quitting.>

## Reference List

1. Hobbs, H. (2025, March 27). The effects of smoking on the body. Healthline.  
<https://www.healthline.com/health/smoking/effects-on-body>
2. World Health Organization. Tobacco. 2023.