

□ Smoking is a single biggest cause of premature death. The majority of deaths from

How smoking causes stroke?

As well as nicotine, the chemical that makes tobacco so addictive, tobacco smoke contains of about 4000

Smoking also increases the stickiness of the special blood cells called platelets, which increases the risk of

People who smoke are 2-3 times more likely to have a stroke than those who don't. The more you smoke, the

Smoking is particularly dangerous for people who have high blood pressure. They are five times more likely to

Passive smoking-breathing in someone else's smoke- may also be hazardous. Recent research suggests that

Ways to quit:

Because smoking is so damaging to health, more help is available to those who want to stop than never

The nicotine replacement therapy (NRT):

Nicotine replacement therapy replaces some of the nicotine you would normally get from cigarettes, helping to reduce withdrawal symptoms.

A wide range of NRT products are available in Botswana from your pharmacist without a prescription, including patches, gum, and inhalers.

You can also get a range of nicotine replacement products on prescription throughout the country. Discuss your options with your doctor.

The research has shown that the people who use NRT can double their chances of success in stopping smoking.

Zyban:

For many years now Zyban (bupropion), a cessation aid has been available. Unlike NRT it is not available over the counter and requires a prescription.

This drug is not suitable for everyone, particularly those with a history of seizures or those taking certain medications. Always tell your doctor about all the medicines you are taking.

Other cessation aids:

A variety of herbal and other products are available, but there is little evidence to support their effectiveness.

Professor Kiran Bhagat, Cardiac Clinic

The Heart Foundation Botswana Website has a wealth of information on this topic and much more.