

# US tells women to quit smoking on 1-Day

**Los Angeles:** The US National Cancer Institute has asked all American women to quit smoking on the occasion of the nation's Independence Day on Sunday.

The institute will encourage American women to take a 'Smoke-free Pledge' to kick the habit and has also started a website to help them out, Xinhua reported.

The health risks associated with smoking can be greater for women than men, the institute said, adding that women face a bigger risk for smoking-related diseases

such as heart attack, stroke, and lung cancer.

While nicotine addiction is similar for both genders, women are more drawn to cigarettes by other factors such as smell, taste, hand-to-mouth sensation, weight-control aspirations, and mood control, it said.

Emotional issues also play a greater role in luring women back to the habit, the institute said. Smoking can also compromise a woman's reproductive health, as well as welfare of her children, for whom she is the primary

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caregiver, the institute said.

Women are, nowadays, more aware than ever of the dangers of smoking, and three out of four women smokers said they would like to quit, the institute's website said.

They are, however, often less inclined to quit than men, and less confident that they

can do so. They are more likely than men to resume smoking after attempting to quit, according to the institute.

The institute's website provides a step-by-step outline on how to quit smoking. It also provides links to information on free national phone counselling.

Meanwhile, according to a disturbing find, sixteen per cent of students in Karachi's girls schools smoke, a habit that annually causes some 1,00,000 deaths in Pakistan, says a leading health official.

"According to recent research, smoking in girls schools of Karachi has risen to 16 per cent," *The News* quoted Nadeem Rizvi, head of the chest diseases department at the Jinnah postgraduate medical college and president of the Pakistan chest society, as saying.

Pointing to the harmful ef-

fects of tobacco marketing that is targeted towards women and girls, he demanded a ban on all forms of direct or indirect marketing of tobacco products.

Javaid Khan, the head of the chest diseases section at the Aga Khan university hospital, said that doctors are morally bound to educate the public on the harmful effects of using tobacco products. "Research shows that even a brief three-minute advice by doctors on quitting smoking brings about significant results," Khan contended, -IANS