

## Broadcasting No Tobacco Day

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In our advisory **Flash News 37** (<http://www.sanha.org.za/flashnews/flashn37.htm>) we advanced five compelling reasons to abstain from smoking. The question of doubtful ingredients was the fifth item where we relied on Dr Yusuf Saloojee of the National Council Against Smoking's pronouncement based on his own research. He repeated his findings on the Voice of the Cape Radio - see (<http://www.vocfm.co.za/index.php?&section=news&category=halaalnews&article=53043>)

One of the local tobacco companies understandably came out smoking on the aspect of doubtful ingredients but deliberately avoided the other reasons. They also "localized" the argument by speaking as a South African company oblivious that Muslims regard themselves as a global Ummah who subscribe to the philosophy of injury to one is an injury to the entire body.

Zahid Asmal, the news director of Channel Islam International (CII), who claim an international listenership, swallowed this official version for the local market ***totus porcus***. We ask the good director to deny the existence of an alternative market of 10 million illegal cigarettes sold in South Africa daily, which figures are supported by the Tobacco Institute of South Africa (TISA) themselves. Whilst he may be in a position to rely on a personal supply of "***a British American Tobacco guaranteed local product***" with ingredients on which '*he has no doubts,*' can he obtain an authoritative guarantee that these illegal imports are free from doubt? And we also ask why the silence on the preceding four reasons to abstain?

The World Health Organisation (WHO) cognizant of the dangers of smoking and cause of millions of deaths, have declared 31st May, 2010 a **World No Tobacco Day**. The health benefits of quitting smoking are immediate and substantial. It is the single most important step that smokers can take to enhance the length and quality of their lives. One of the main reasons it is so hard to quit smoking is because both the benefits of quitting and dangers of continuing seem very far away. Thankfully, when you stop smoking, the body experiences some positive side effects and the healing process begins within minutes of giving up.

- **In 20 minutes** your blood pressure will drop back down to normal.
- **In 8 hours** the carbon monoxide (a toxic gas) levels in your blood stream will drop by half, and oxygen levels will return to normal.
- **In 48 hours** your chance of having a heart attack will have decreased. All nicotine will have left your body. Your sense of taste and smell will return to a normal level.
- **In 72 hours** your bronchial tubes will relax, and your energy levels will increase.
- **In 2 weeks** your circulation will increase, and it will continue to improve for the next 10 weeks.
- **In 3 to 9 months** coughing, wheezing, and breathing problems will dissipate as your lung capacity improves by 10%.
- **In 1 year** your risk of having a heart attack will have dropped by half.
- **In 5 years** your risk of having a stroke returns to that of a non-smoker.
- **In 10 years** your risk of lung cancer will have returned to that of a non-smoker.
- **In 15 years** your risk of heart attack will have returned to that of a non-smoker.

**Letting your life go up in smoke is Unislamic. Quit now!!!**

**Your Duas, constructive comments, criticism and feedback is truly appreciated**

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