



**SMOKING DAMAGES MANY ORGANS IN THE BODY ,CAUSES A LOT OF DISEASES AND KILLS MANY PEOPLE ..!  
 SMOKING HAS BEEN DECLARED BY MUFTIS TO BE HARAM !  
 NOW IS THE TIME TO STOP SMOKING IN RAMADAN!**

Many people do not know that the number(percentage) of Muslim smokers in the UK , is much higher than among the non Muslims white population,especially among the Bangladeshis,Pakistanis and many Arabs!

**THE HARMFUL INGREDIENTS IN EVERY CIGARETTE:**

- In every cigarette there are 4000 different chemicals,many of which are harmful and 60 of them are carcinogenic and linked to cancer!
  - The 3 main components in each cigarette are:
    - \*Nicotine which is addictive and 10 times stronger than Heroin!  
 It affects the heart/blood pressure,hormones.... in the body
    - \*Carbon Monoxide(CO) which is a poisonous gas, reduces oxygen supply to the organs and causes heart diseases
    - \*Tar:70% of it is deposited in the lungs,causing narrowing and difficulty in breathing and causes also cancer of the lungs
- Lately it was reported in an Australian study that PORK substances have been used in the making of some brands of cigarettes?(doubly HARAM)

**SUMMARY OF THE DISEASES CAUSED BY SMOKING:**

25-50 diseases are caused by smoking cigarettes today like :  
 Chronic Bronchitis/cough /shortness of breath and Emphysema,Coronary heart disease,Stroke,Peripheral vascular disease,Gangrene,Blindness/defective vision ,Peptic ulcer and damaged fertility.  
 Smoking can lead to these CANCERS:  
 Lung,Mouth,Nose,Larynx,Oesophagus,Throat,Kidney,Bladder,Stomach,Pancreas and Leukaemia.  
 OVER 120 000 PEOPLE ARE KILLED BY SMOKING EVERY YEAR IN THE UK!

**In WOMEN:**

Smoking can cause : damage to the egg,Miscarriage/loosing the baby,cancer breast,cancer cervix,low intelligence of the child...PLUS ALL THE ABOVE MENTIONED DISEASES!

**PASSIVE/SECOND HAND SMOKE:**

Many people do not realise that when any one is next to a smoker,he/she will be harmed too by many diseases which are related to smoking,although the person does not smoke!  
 Here we worry a lot today about the father/husband who smoke at home,when the wife and children are around?Very irresponsible to smoke at home!  
 Our teacher Sayyidna Muhammad,Salla Lahu Alayhi Wasallam said:/ in a Hadith  
 "NO HARM TO YOU AND NO HARM TO OTHERS"..a great golden rule for everything we do in life and in any situation!

**WHY SMOKING HAS BEEN DECLARED HARAM TODAY BY THE MUFTIS AND ULAMAS OF THE WORLD:**

Because Smoking:damages many organs including the sperm and egg , causes many diseases and miscarriage ,kills the smoker(slow suicide), harms others ,wastes a lot of money/economy and medical resources ,causes pollution to the environment,is linked to many fires,causes addiction, gives continuous bad smell and prevents some from doing their prayers regularly or in the mosques etc....  
 There are today over 400 FATAWAS in the Muslim world which have declared smoking as HARAM!

**SMOKING IS CONTRAINDICATED ON:**

- Islamic/religious grounds
- Health/medical grounds
- Financial/economic grounds
- Environmental grounds
- And Safety grounds(to others,houses...)

**THIS IS THE BEST TIME OF THE YEAR TO STOP SMOKING DURING THIS HOLY MONTH OF RAMADAN;**

When one is fasting and practicing Islam and not smoking most of the day(18 hours),so it is very wise and easy to carry on "fasting" from smoking for few hours more after breaking the fast,insha'ALLAH.

There are today many medical facilities and extra ways to help the smoker to QUIT smoking through the GP and through many anti smoking organisations and Helplines which are in many languages.

Please see below:

**-QUIT**

website: [www.quit.org.uk](http://www.quit.org.uk) : Tel no: 0800 00 22 00they have also many numbers in different languages:Urdu: T 0880 00 22 88,Bangali:T 0800 00 22 44,Arabic: 0800 169 1300....

**-NHS SMOKING HELPLINE**

Website :[Smokefree.nhs.uk](http://Smokefree.nhs.uk) Tel no: 0800 169 0 169 /0800 0224 332

**-ASH**

Website:[www.ash.org.uk](http://www.ash.org.uk) Tel no: 0207 739 5902

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