Hazards of smoking in winter months

New Delhi, 11th December 2016: Smoking can not only precipitate heart attack, paralysis and increase blood pressure but can also increase the risk of erectile dysfunction in men. Men who smoke 20 cigarettes a day are 40% more likely to struggle with erectile dysfunction than men who do not smoke, said Padma Shri Awardee Dr. KK Aggarwal - President HCFI and National President Elect IMA.

Nicotine present in smoke can constrict the blood supply to various organs. As per a study published in the journal Tobacco Control in men aged 16–59 the risk of erectile dysfunction is almost double in smokers than in non smokers. Apart from smoking, obesity, heavy alcohol consumption and misuse of Viagra like drugs can also disturb men’s sexual health.

Apart, uncontrolled diabetes, blood pressure, which is common in winter season also add to the same.

Depression is also common in winter adding to the agony. For those who want to quit smoking winter is the best time to do so.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact