

FOUNDED BY QAUID-I-AZAM MOHAMMAD ALI JINNAH



**compsi**  
Leading @ IT

25th Anniversary  
1988-2013

FREE Workshop for All Users  
Including Mr. Chaudhry

COMPAG Microsoft SOKO POWER

For Sales, Support and Free Warranty Services Visit: [www.compsi.com](http://www.compsi.com) Tel: 11-007-0070

# DAWN

**Affordable Prices**  
**Office Furniture:**  
• Crest Range  
• Budget Range • Executive Range  
**INTERWOOD MOBEL (PVT) LTD.**

<http://DAWN.com> Vol. LXIV No. 120 Islamabad, Jumadi-ul-Awwal 16, 1431 Saturday, May 1, 2010 30 PAGES + YOUNG WORLD Rs 18.00

letters@dawn.com

## Action wanted against smokeless tobacco

I WOULD like to congratulate Faiza Ilyaz on her report 'PCSIR study finds toxic, trace metals in gutka, supari' (April 25). Her report will help in creating public awareness on the hazards of betel nut and smokeless tobacco (ST) in the country.

There are many forms of ST available in Pakistani market, the common being 'naswar', 'gutka', 'mainpuri' and crushed tobacco taken with paan.

Harmful effects of using ST include mouth and throat cancer,

cancer of the food pipe, cancer of stomach and pancreas, increased risk of heart attacks, stroke, as well as several gum and tooth diseases.

It is common perception in the public that smokeless tobacco products are less harmful than cigarettes. The fact is that the type of smokeless tobacco available in Southeast Asia is far more dangerous than smoking. An average dose from chewing tobacco is 4.5mg, compared with 1 to 2 mg from one cigarette.

Research conducted in Pakistan

has shown that use of smokeless tobacco is the number two cause of cancer deaths in both men and women.

With smoking people tend to develop cancer after a few decades but with smokeless tobacco use, e.g. 'gutka', we are receiving cases of mouth cancer within a few years of its usage.

Apart from several announcements that "sale of gutka is banned in the province", our government has done very little to tackle this serious public health issue of

Pakistan. These ST products are freely being sold all over the country, any child or adult can easily buy these products from any local shop.

There are people who are making huge profits at the cost of human lives by selling these deadly and powerful addictive substances in the form of ST but the government seems to be ignoring this crime.

Through this letter I request authorities in the ministry of health to take appropriate measures against those who are manufacturing, dis-

tributing and selling these lethal forms of smokeless tobacco products in Pakistan.

Just recently a 32-year-old patient, father of two children aged six and eight, died of widespread mouth cancer resulting from 'gutka' usage. He had been my patient.

Newspapers and TV channels can help prevent these deaths by educating society about the serious risk associated with the usage of ST products.  
DR JAVAID A. KHAN  
Karachi