

1. What kind of tobacco were you addicted to?

I used to have a lot of Pan and Guthka since childhood. I knew that this was indeed a very bad habit. Still I could not leave it. I used to have Rajnigandha mixed with zarda all the time.

2. Why did you think of quitting tobacco?

During the treatment of my mother with Cervical Cancer I visited a lot of Cancer Hospitals in India and there I saw the result of having Guthka. I saw people with Oral Cancer in very bad shapes and it was there where I decided to leave this bad Habit.

3. How did you do it?

After that I started compiling facts on Cancer. I made a web site called www.cancernirvana.com and after the death of my mother I started doing awareness camp. I used to tell people about the end results of smoking and chewing tobacco. To become an example for them I quitted this bad habit in one go.

4. How much time did it take to finally quit, did you quit gradually or at one go?

The moment I started to do this kind of awareness Camps I in one go left this bad habit.

5. What were the problems encountered (Withdrawal symptoms) and how did you overcome it?

At first it was a big problem for me. I started seeing Guthka even in my dreams. But the responsibility that I had taken to make people aware of this dreaded diseases I had to set an example for them I left it in one go and overcame all the difficulties.

6. What are your suggestions to people who are willing to quit, but are unable to?

I know people who say that a person A did not have any bad habits but still died of this dreaded diseases. Let me tell to them that yes mouth cancer may happen to anyone but smoking and chewing Guthka makes you even more varnuable towards these diseases. I know that a person is not afraid to die so why leave smoking and chewing tobacco but they should also think that they have a Family, a wife and children's behind. They should at least think for them.

Regards,

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