11 June 2018 – The WHO country office Egypt celebrated World No Tobacco Day 2018 by sharing stories of 3 former smokers who succeeded in quitting tobacco. The three shared their experiences in how they started smoking many years ago and then decided to quit.

WHO produced a video in which the ex-smokers spoke positively about their experiences in quitting and how it had led to a healthier lifestyle.

Omar, a young Egyptian man, said that one of the main reasons he quit smoking was to have a healthy body and good life. In addition, he wishes to donate his organs after his death to help someone continue their life.

Shereen a young Egyptian woman, described how it was difficult, in the beginning, to quit smoking but after a few days she felt better and healthier. She added: “Sometimes you doubt that you can make it but you only need to make the decision to stop".

Mohamed, who started smoking almost 20 years ago, quit 4 months ago, and managed to save the money to buy a new watch. “I bought this watch to always remind me of the moment of quitting smoking”.

These inspiring people serve as a role model for others who are finding it difficult to stop smoking and who are facing the same challenges to quit. It is possible to stop smoking and there are others to support you.

Saturday 12th of October 2024 07:03:54 AM