

RbeTskm(ə)ankayCasmaCkGnsBaŋ>>>

tmkBIT

KitmkRtmeŋ 23 ExFid qm 2005 enH manRbeTscMh 116 ehlyEdl)anpl ; scabndl ; GnsBaŋtBnitüfalkrbs ; GgkarsxPaBBPBel ak . edayELk rdsPaCaténRBhraCaNacRkkm(ə))anpl ; scabndl GnsBaŋxagel enHkal Bēŋ 11 Exvicka qm 2005 edaykm(ə)stena kŋl M dabRbeTSTI 111 . karenHsrBaeGay eXlj fa raCrdap)al eygykcitTikdak ; yagxodj dl sPaBsaFarN³ nigkarkat ; bnŋPaBRkRktamry³karcl rthKaMTdl ;

skmpaBTbsat(kareRbR)as;faŋk ; . KYktsMal pgEdrfa RBhraCaNacRk km(ə)anchhtbl xaGnmz el GnsBaŋt Bnitüfalk ; ehAkaf fa FTC enH kal Bl éŋ 25 Ex]sPa qm 2004 . GnsBaŋenH epptcMNsManeTael karhamXat ; karCk) arenAtamTsaFarN³ karhamXat ; karpSBV pSayBaNCkm)arl karbBaŋpGay daksar nigrbPaBRBmansxPaBenAel ral kBaŋ)arl kardakbTbBaeGaybgaj BFatpStnpl it pl faŋk ; kartemgBrpadu pl it pl faŋk ; nighamXatkarrrtBnŋl it pl faŋk ; karGbrM

karpl Btman karbNŋbNŋl nig- karBRgŋkaryl dŋrbssaFarN³Cn kark- arBarkmar nigyvy karpakBinŋkŋ krNel psetAnŋbTbBaŋEdl manEcŋkŋc, a benH. kmvFfaŋk ; bsaPaB RBmTajsbob CaedKutCa mCmNŋ Catel kkbssaPaB énRksŋ sxaP)al GgkarsxPaBBPB el ak nŋbnŋshkarKaedm, GbrM pSBpSay eGayRbCaBl rdŋanyl ; dŋBpl bHbal ; énkarERbR)as;faŋk ; nigCŋj eGayman karGnrtpGnsBaŋtBnitü falkenHRkb edayRbsitPaB enARBhraCaNacRkkm(ə) .

erOgravrbsGkCk)armāk;

RsmākEdl dŋgc, asBpl bHbal dŋY [tksiténkarCk)arlrsenAkŋrdsbnl Gayu 63qm QpHecls hthh (Janice Horrigan). bnŋBstmrbsKatsabedaysarCm mharakkal Bqm 1997 mk Gkrsl ecnls estEtmin eCŋel wasnaGarKkrbsKateT enAeBl Edl eKeFbraKvnicŋeTaeXlj fa KatmanCm mharaksit kal Bl Exmina qm 2005 kngeTAenH .

GkrRscnlsniyayfa { echEtQwŋGs ; CaerchExmkehly erkaymk kŋaneTA mnbeBTüenAExkmŋ edm, I eGayeKBnitü enll fa etvamkBbBaŋGV . 'KitfavaRkan'et CabBaŋEdl ekteLg edaysar 'GgŋyefV kargarCamŋyküTŋGsry³eBl Caerch qmNŋheT . enAeBl Edl dŋfarbEhI Camk BbBaŋxagedmenH 'kŋTAmnbeBTü Cabnŋn ; . mharaksitCabBaŋcŋeRkay

eKedl 'Kitdl ; . }GvdI 'URbQmmx dŋbŋek enAeBl Edl dŋBeraKvnicŋenH KWmindŋCa(UR)abkth² rbs ; yagNaeT ehly 'UnalykPaBesakesAenHeTaeGayBY keKmpetotyagdtmpeTA . GkrRscGk Ck)arlskmGsry³eBl Cayhŋqamkehly Kat)anl Hbgecal nVTM abenH mnbb rbsKat ; Edl)ansabeTAenAGayu 55qm bŋnPRkaymkeTotGkrRscabepnI abCk) arElgvij . emll chl vaCakmhsrbs ; ' minbenasGkrNaTaldGs ; bŋnŋbenas xŋEgcBaHsŋn PaBdŋakevTnaenH . ral)armyedm²Edl)anCk ; Camŋnyŋpŋk RBmansxPaB nigkarbgaj R)ab ; epSg²eTot Edl manenAel kBaŋ)arlenah 'kŋan GarmŋNfaxisqŋEdr bŋnŋenAetminGac bBaŋbova)an . cab:atŋBEBI Edl eKrkeXlj famanCm mharakCaerchRbePTmk eygmin dŋGsBmŋ ehTŋatŋLayEdl bNŋl eGay ektCaCm mharaksitE . tamBitkarCk)arl

SMOKER'S STORY

63-year-old Sydney resident, Janice Horrigan knows too well the shocking impact of smoking having lost her husband to a bitter fight with lung cancer in 1997, Janice couldn't believe her misfortune when she herself with lung cancer in March 2005.

"I have been experiencing back pain for months on end, so I eventually took myself to the doctor in February, 2005 to see what the problem was," Janice said.

"I thought it was a postural from spending years at a computer. Had I known what it was, I would have been to the doctor immediately. Lung cancer was the last thing I thought of.

"My first reaction when I heard the diagnosis was how to tell my three adult children and bring this grief upon them again," Janice said.

Having been a long term heavy smoker, Janice kicked the habit before her husband passed away at age 55, but eventually began smoking again.

"Look, it's my fault. I blame no

CgWaldgbrsRbFan)al ;TatGacbnPl >>>

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el ak Gael kS mthl Camly Banrgl neqeLnqxab; kal BqalM 971 enAcRkPBGgeKa

el ak mthl Edl manGayu66 qabnah \LU enH)anCasHes,yehly enAÉpHrbsKat; . RkmRKÜBTü)anrkeXlj faKatmanCgW Katg ebHdg EtmlymxböNÄH kal eNahKat;)an eTAKanmnpeBTüeGsFeheLn (St Helens) edaysarKatechEttü faQWk cabkgRTg.

mthl Edl)andknaRkoneI hÁ (Leigh) [TTM)aneCaKCYkkgkarRbKltphcRBRkt ykBanrgln; eqeLnqxab; (Challenge Cup))anmanRbsasnfa {´manGarmN_ dtCaminsURsÜ xh ehlyEfmTabg QWtG eTotpg bñpPriyarbs;´)an [´pkTvk Rktqpr erkaymk´manGarmN_ FTRsal bnþ; ´Kitfa´ RbEhI Ca EI gmanbBað ehly. bñp enAeBI Edl ´eTAmnpeBTü BkeK)anBnitü r(R)ab;´fa eKcgbBað´ eTAKanmnpeBTü vlsþ (Whiston) eRbH ´manCgWaldgbrs . enAeBI Edl BkeKR) ab;´dèch´´mankartksatCaxatg . ´eTAmnpeBTüedm,lsWm ehly ´Kitfa RkanEtQag cU mlyEPatbñNÄH . karRsbEpSg) arBèK CabBaðmlyEdl RkmRKÜBTü)aneI k eLg . vaCakarmlyKreGayPymñ; cbBaH´

eRbHfa ´minechCK;)arbsaH kngmly- Cvitrb;´ . bñpèkchEtniyayKä erkay eBI)ayI ñc enAkEngEdl eBareBj eTA edayEpSg)arl . eFRRkayeTA ´RbEhI Ca RtÜBakr)atgkarBarehly . {´manGarmN_fa ´)anCa 100° ehly´sthGrKIN RKÜBTü NasEdl)aneFkarBüa)al dI ;´ . }

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arlbNpl eGayektCmthharksitrhtdI ;
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dugfamanClythHPam ehlycabepmBua)al Bl
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krNdbtGikRsecnls KwWbeBl ehly minGac
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el akevCbNtmasPFW(Matthew Peters)
GikEkeTsvHkatCmthharkRbGbrTgenAmn
eBtu xmxT (Concord) nigCarbFankitlyS
kmyfIskmpPaBel karCk;)arl nigsxPaB
GUSpl DanmanRbsasn_ :manGikCmthhark
Edl rsenACamlyngkarej onrbsBkeKdt

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RbPB³ r)aykarN_sxPaBGRSpl I

SMOKER'S

Continued from Page 2

one but myself for my predicament. With the warning and everything that are out there, I felt guilty every time I have a single cigarette, but unfortunately it doesn't stop me." As with many cancers, we don't know the cause of lung cancer in all cases. Cigarette smoking is the major cause of lung cancer but it's not known why one smoker develops lung cancer and another does not.

As in most type of cancer, the results of treatment are best when the cancer is found and treated early. Sadly, for Janice, there is no cure.

"I go from day to day and really appreciate every moment that I have with my beautiful children and grandchildren," she said.

Since less than 4 percent of doctors smoke, we can do a lot more for smokers



by intensifying our efforts to further reduce smoking rates to less than 10 percent of the population.

"I have many patients who, like Janice struggle with their addiction – even when smoking is causing enormous suffering and disease," said Dr. Matthew Peters, a thoracic surgeon at Concord Hospital and Honorary Chair of ASH Australia.

In one year alone, the gross costs of

treating smoking diseases were conservatively estimated at \$2.25b (1998-1999) – an amount that is almost equivalent to the entire annual cost of the Pharmaceutical Benefit Scheme in the previous year.

"Smoking is both a human rights and health issue that requires further action for change," said Dr. Peters.

Source: Health report, Australia.

el akGikGacp(c;)ar)an;

kmyfFalk; b_sxPaBeytg manGikCmaj shtabClypl RbkSadl el akGikEdl cgQbCk;)arl ral emageFkar cabBefQW dI ef\$Bk
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E-mail: info@toh.adracambodia.org

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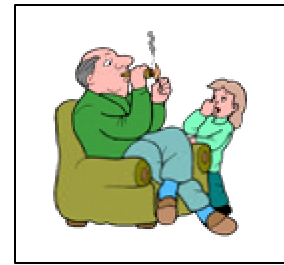
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Passive smoking ages the skin

People who spend hours in smoke-filled pubs and clubs are likely to suffer the same dryness, premature wrinkles and crow's feet as smokers do. Research by the beauty firm, Clinique, shows that people spending time in smoke-filled environments are damaging more than just their lungs; they are also at risk of long term damage to their skin.

Tom Mammone, head of research at Clinique Laboratories said that nonsmokers should be aware of the terrible effects which secondhand smoke can have on their skin. "We found that secondhand smoke is extremely harmful to the skin. Exhaled smoke contains sig-

nificant levels of nicotine, tar, nitric oxide and carbon monoxide which disrupt and weaken the skin's barrier, leading to the breakdown of collagen resulting in symptoms of smoker's skin" he said.

Smoking ages the skin because it destroys the skins ability to renew itself. This means that the skin of smokers - and those exposed to secondhand smoke - will age far faster.

Clinique commissioned a survey of 1,000 adults to find out how often people are exposed to passive smoking. The research found

that more than three quarters of Britons will "passively smoke" around three times a week when visiting bars, clubs and parties in December 2005 and January 2006. The survey found of those living in the south of England, 4 out of 10 people spend three or more nights a week in smoke-filled places and in Scotland 3 in 10 visit smoke-filled venues several times a week. The combination of alcohol, which has an effect of drying the skin, and cigarette smoke can speed the aging process even more.

Daily Express 27/12/05

