

TALK TO YOUR DOCTOR WHILE YOU STILL CAN



**MANY STUDIES HAVE CONFIRMED
CHEWING BETEL NUT INCREASES RISK FOR:**



**Oral submucous
fibrosis**



**Both mouth and
oesophageal cancer**



**Increased risk of
cardiovascular diseases
& metabolic syndrome**



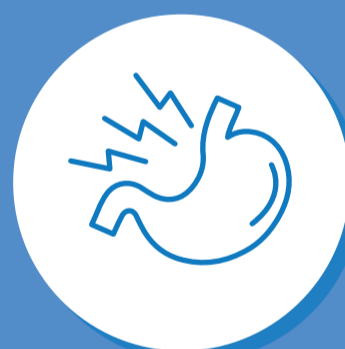
Obesity



**Adverse pregnancy
outcomes**



Tooth decay



Stomach ulcers



**Reduced effectiveness
or negative interactions
with medications**

**IF YOU REGULARLY CHEW BETEL NUT
TALK TO YOUR DOCTOR.**