



Sigaar-cabbistu waxay saamaysaa qayb kasta oo jirkaaga ka mida oo waxay sababtaa jirrada wadnaha, kansarka sanbabka, xiiqda iyo cusurro kale.

802Quits waxay bixisaa talooyin bilaasha, agab iyo macluumaad kaa caawinaya joojinta tubaakada. Waxa kale oo aad heli kartaa xanjo bilaasha oo lek nikotiin iyo walxo la isku-dhejiyo ama lozenges. Istimaalista daaweyntan oo ay raacdo latalin waxay labanlaabtaa fursadaha joojinta.

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WAAN KU CAAWIN KARNA.**

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[Somali]



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