

**President's Secretariat (Public)**  
**Press Wing**

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**ISLAMABAD, Nov 24 (APP):** President Mamnoon Hussain on Friday said effective measures were being taken to curb smoking, which besides other reasons was one of the major causes of heart diseases.

He, however, added that in addition to the government efforts the people should also change their lifestyle and improve their food for the prevention of heart and other ailments.

The President was talking to a delegation of Pakistan National Heart Association (PANAHA) which led by its Chairman Major General ® Masood-ur-Rehman Kayani called on him here at the Aiwan-e-Sadr.

He lauded the services of PANAHA and said the campaign about the prevention of heart ailments being run by the association was creating awareness among the masses.

The President said PANAHA was contributing towards the prevention of heart diseases. Chairman PANAHA Maj. Gen. ® Masood-ur-Rehman Kayani briefed the President about the activities of PANAHA. On this occasion, he also presented his book to the President.

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