

What smokers need to know

Effects on health

1. EYES

- Cataract, blindness (macular degeneration)
- Stinging, excessive tearing and blinking

2. BRAIN AND PSYCHE

- Stroke
- Addiction/withdrawal
- Altered brain chemistry
- Anxiety about tobacco's health effects

3. HAIR

Odour and discoloration

4. NOSE

- Cancer of nasal cavities and paranasal sinuses
- Chronic rhinosinusitis

5. TEETH

- Periodontal disease (gum disease, gingivitis, periodontitis)
- Loose teeth, tooth loss
- Root-surface caries, plaque
- Discoloration and staining

6. MOUTH AND THROAT

- Cancers of lips, mouth, throat, larynx and pharynx
- Sore throat
- Impaired sense of taste
- Bad breath

7. EARS

- Hearing loss
- Ear infection

8. LUNGS

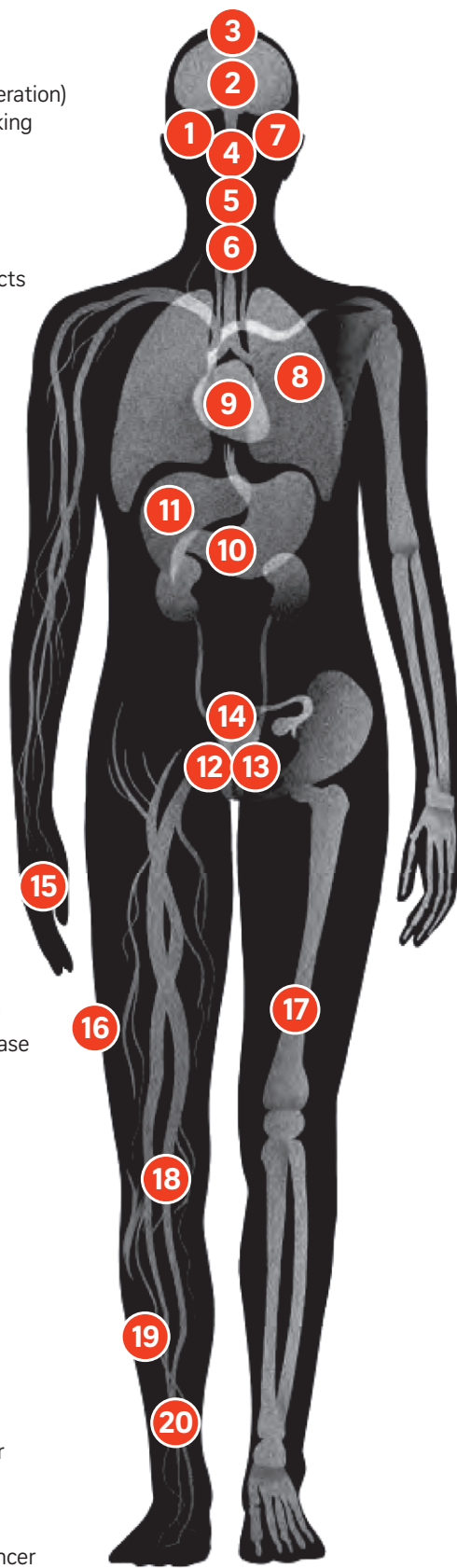
- Lung, bronchus and tracheal cancer
- Chronic obstructive pulmonary disease and emphysema
- Chronic bronchitis
- Respiratory infection (influenza, pneumonia, tuberculosis)
- Shortness of breath, asthma
- Chronic cough, excessive sputum production

9. HEART

- Coronary thrombosis (heart attack)
- Atherosclerosis (damage and occlusion of coronary vasculature)

10. CHEST & ABDOMEN

- Esophageal cancer
- Gastric, colon and pancreatic cancer
- Abdominal aortic aneurysm
- Peptic ulcer (esophagus, stomach, upper portion of small intestine)
- Possible increased risk of breast cancer



11. LIVER

Liver cancer

12. MALE REPRODUCTION

- Infertility (sperm deformity, loss of motility, reduced number)
- Impotence
- Prostate cancer

13. FEMALE REPRODUCTION

- Cervical and ovarian cancer
- Premature ovarian failure, early menopause
- Reduced fertility
- Painful menstruation

14. URINARY SYSTEM

- Bladder, kidney and ureter cancer

15. HANDS

Peripheral vascular disease, poor circulation (cold fingers)

16. SKIN

- Psoriasis
- Loss of skin tone, wrinkling, premature ageing

17. SKELETAL SYSTEM

- Osteoporosis
- Hip fracture
- Susceptibility to back problems
- Bone marrow cancer
- Rheumatoid arthritis

18. WOUNDS AND SURGERY

- Impaired wound healing
- Poor post-surgical recovery
- Burns from cigarettes and from fires caused by cigarettes

19. LEGS AND FEET

- Peripheral vascular disease, cold feet, leg pain and gangrene
- Deep vein thrombosis

20. CIRCULATORY SYSTEM

- Buerger's disease (inflammation of arteries, veins and nerves in the legs)
- Acute myeloid leukaemia

IMMUNE SYSTEM

- Impaired resistance to infection
- Possible increased risk of allergic diseases

OTHERS

- Diabetes
- Sudden death

What happens when you quit smoking



Within 20mins

Your heart rate and blood pressure drops.



Within 12hrs

The carbon monoxide level in your blood goes back to normal.



2-12 weeks

Your blood circulation improves and your lung function increases.



1-9 months

Your coughing and shortness of breath decreases.



1 year

Your risk of coronary heart disease is halved.



5 years

Your risk of getting stroke is the same as for non-smokers.



10 years

Your risk of lung cancer is halved, and your risk of cancer of the mouth, throat, esophagus, cervix and pancreas falls.



15 years

Your risk of coronary heart disease is the same as for non-smokers.

What second-hand smoke can do to...

CHILDREN

Sufficient evidence of:

- Disease (including acute and recurrent infection), Sudden Infant Death Syndrome
- Asthma (school age), wheeze illnesses
- Impaired lung function, lower respiratory illness (e.g. pneumonia)
- Respiratory symptoms (e.g. cough and breathlessness)
- Middle ear disease



ADULTS

Sufficient evidence of:

- Coronary heart disease
- Lung cancer
- Reproductive effects in women: low birth weight of babies
- Nasal irritation
- Odour



Suggestive evidence of:

- Breast cancer
- Preterm delivery
- Chronic obstructive pulmonary disease
- Acute respiratory symptoms (including cough, wheezing, chest tightness, and difficulty in breathing)
- Chronic respiratory symptoms
- Asthma and worsening of asthma control
- Impaired lung function
- Atherosclerosis
- Cancer of the nasal sinus, pharynx and larynx

