

Smoking harms the entire body

Nicotine, carbon monoxide, and the other chemicals are deadly. Smokers typically die 11 years sooner, and spend more time sick. Their medical bills are generally much higher than non-smokers. Smoking affects the way they look and feel.



Addiction*

- Odor- hair, breath, clothes *
- Reduced night vision*
- Reduced sense of taste and smell*
- Skin damage *
- Early wrinkling*
- High blood pressure
- Lung cancer
- Smoker's phlegm
- Asthma
- Tuberculosis

Cancers of the kidney, bladder, pancreas, liver, color and rectum

Higher risk of miscarriages and problem pregnancies

Birth defects, especially cleft palate.

More difficulty recovering from illness, surgery, or broken bones *

Reduced muscle mass

More broken bones

Insomnia

- Less energy and endurance *
- Yellowed teeth*
- More cavities
- Gum disease
- Smoker's cough
- Heart Disease
- Damage to heart, lungs and blood vessels
- Stroke
- Lung infections
- Reduced blood flow*
- More difficulty breathing

COPD
(chronic obstruction pulmonary disease)

- Reduced immunity to disease*
- More fatty desposits in the arteries *
- Hardening of the abdominal aorta (even in adolescence). It affects the abdomen, pelvis and legs

*Risk of this happening is near 100 percent, and risks of everything else on this chart are much higher if you smoke than if you don't smoke.

2,500 people in Nebraska die every year from smoking.



Community Connections Tobacco Free Lincoln County

www.CommunityConnectionsLC.org

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