

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.



Adiction*

Insomnia

Odor- hair, breath, clothes *

Less energy and endurance *

Reduced night vision*

Yellowed teeth*

Reduced sense of taste and smell *

More cavities

Skin damage*

Gum disease

Early wrinkling *

Smoker's cough

Lung cancer

Heart Disease

Smoker's phlegm

Damage to heart, lungs and blood vessels

Asthma

Stroke

Tuberculosis

Lung infections

Cancer of the kidney, bladder, pancreas, liver, colon and rectum

Reduced blood flow*

High blood pressure

More difficulty breathing

Damage to sperm: infertility, miscarriage of offspring. Future children more likely to have asthma

COPD
(chronic obstruction pulmonary disease)

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

Erectile dysfunction

Reduced immunity to disease*

More fatty desposits in the arteries *

Reduced muscle mass

Hardening of the abdominal aorta (even in adolescence). It affects the abdomen, pelvis and legs

More broken bones

*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