

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

C O P D

(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.