

THE ABCs OF SMOKING



**ATHEROSCLEROSIS • BRONCHITIS
CANCER • DRUG INTERFERENCE
EMPHYSEMA • FETAL DAMAGE
GUM DISEASE
HEART DISEASE...**

HEALTH EDCO®
a division of WRB Group, Ltd.

Tobacco use is the single largest cause of preventable death. Every person who begins smoking is guaranteed to experience negative health consequences—from reduced lung function to premature death. Worldwide, smoking causes about 5 million deaths each year.

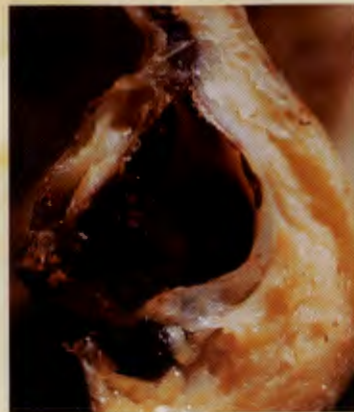
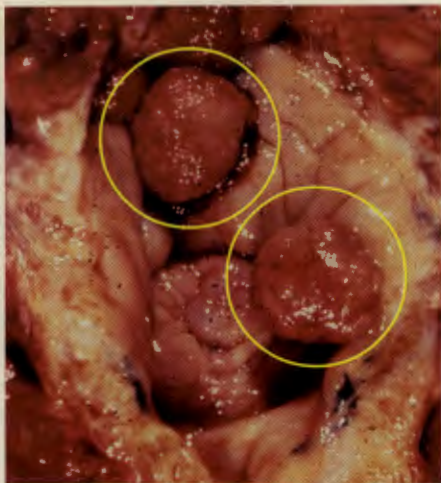
ASTHMA

Characterized by inflammation and constriction of the lungs' main airways, an asthma attack can be triggered by smoking or exposure to secondhand smoke. Children who are exposed to secondhand smoke are more likely to develop asthma than children who are not.

ATHEROSCLEROSIS

Atherosclerosis, or hardening of the arteries, occurs when plaque builds up in the arteries and narrows or completely blocks the flow of blood. This buildup can cause a heart attack or stroke. Smoking increases the risk of atherosclerosis.

*This is the inside of the bladder.
The two round growths are cancerous.*



This is the inside of an artery partly blocked by cholesterol.

BLADDER CANCER

Smoking is the greatest risk factor for bladder cancer, and smokers are more than twice as likely as nonsmokers to have bladder cancer. The cancer-causing substances found in cigarette smoke are filtered by the kidneys and concentrated in the urine. When the urine enters the bladder, these substances damage the bladder, making it more susceptible to cancer.

The information contained in this booklet is not intended to replace the advice of a healthcare professional.

BRONCHITIS

Bronchitis is an inflammation of the lungs' main air passages that leads to reduced air flow and heavy phlegm production. Chronic bronchitis is a long-term condition marked by shortness of breath and a chronic cough. Smoking is the leading cause of chronic bronchitis.



Bronchitis causes the main air passages of the lungs to become inflamed.

BURNS

Careless smoking is the leading cause of deaths from residential fires. In addition, cigarette burns damage smokers' clothes, car interiors, furniture, and other property.

CANCER

Tobacco smoke contains more than 60 carcinogens, or cancer-causing substances. Smoking has been linked to many types of cancer, including cancers of the lung, esophagus, mouth, larynx (voice box), pharynx (throat), stomach, bladder, kidney, pancreas, and cervix.

CARDIOVASCULAR DISEASE

Cardiovascular disease is the leading cause of death worldwide. A smoker's risk of developing cardiovascular disease—which includes coronary heart disease and stroke—is two to four times that of a nonsmoker's risk. Smoking increases the severity of this disease, and smokers have a 70% greater risk of dying from this disease than nonsmokers.



This healthy heart pumps blood throughout the body. Smoking impairs this ability.



This diseased heart cannot pump blood properly.

COPD

Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, is a group of diseases that obstruct the airways of the lungs. Cigarette smoke causes COPD and can intensify the symptoms, causing lung function to decrease more rapidly. Smoking causes 80–90% of the cases of COPD. Once COPD has developed, its effects are irreversible.

DRUG INTERFERENCE

Tobacco use can reduce the effectiveness of some medications. Side effects of certain medications can also be more severe for smokers than nonsmokers. For example, women who smoke and take oral contraceptives containing estrogen greatly increase their risk of stroke or other cardiovascular diseases.

EMPHYSEMA

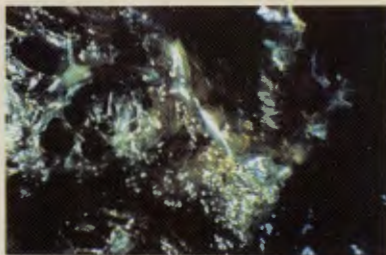
Tar in cigarette smoke causes irritation and reduces elasticity in the lungs' alveoli (air sacs). As a result, the lungs lose their ability to transfer oxygen to the bloodstream—a condition called emphysema. People with emphysema cannot completely expel air, causing chronic shortness of breath. Although some treatments can ease the symptoms of emphysema, there is no cure, and the damage is irreversible. However, a smoker can prevent further lung damage by quitting smoking.



This is a healthy lung. It has a smooth surface and light coloring.



This emphysematic lung shows damage caused by smoking. The surface is covered in hollow bubbles, and the tissue has been discolored by tar.



This is a magnified view of what air sacs damaged by emphysema look like. Is smoking worth this type of permanent damage to your lungs?

ERECTILE DYSFUNCTION

Impotence, sometimes called erectile dysfunction, is the inability to achieve or maintain an erection. Smoking can cause a reduction in blood flow within the penis. This reduction in blood circulation can cause impotence.



The more a person smokes, the greater his or her risk of developing cancer.

ESOPHAGEAL CANCER

The esophagus is the tube between the throat and the stomach. It is made of soft tissue and muscle to aid in swallowing. Cancer of the esophagus often causes difficult or painful swallowing and hoarseness.

FETAL DAMAGE

During pregnancy, everything a mother takes into her body is shared with the fetus—including tobacco smoke.

Carbon monoxide in the tobacco smoke prevents the fetus

from getting enough oxygen. Smoking during pregnancy increases the risk of stillbirth, premature birth, and miscarriage. Babies born to women who smoke have a higher risk of birth defects, low birthweight, and sudden infant death syndrome (SIDS). Maternal smoking weakens the child's lungs and can lead to an increase in illness. Even after infancy, children whose mothers smoked while pregnant are more likely to have conduct or learning disorders, lack self-control, or be hyperactive.



Maternal smoking can lead to premature birth, birth defects, and low birthweight.

GUM DISEASE

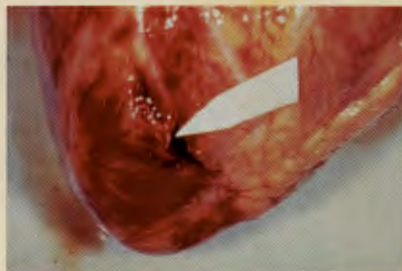
Gum diseases such as gingivitis and periodontitis cause the gums to swell and bleed easily. Pockets of plaque between the teeth and gums can cause tooth decay and lead to tooth loss. Smokers have a higher risk of developing gum disease.



These gums are irritated and diseased, leaving the base of the teeth exposed. Smoking also prevents the gums from healing properly.

HEART DISEASE

Nicotine increases a smoker's heart rate minutes after he or she first inhales. Nicotine also causes the arteries to become narrower every time a person smokes, contributing to high blood pressure. The carbon monoxide found in cigarette smoke reduces the amount of oxygen in the blood, causing the heart to work harder to provide the body with a sufficient oxygen supply. Carbon monoxide also strains the heart by damaging the linings of the blood vessels and contributing to atherosclerosis. An increased heart rate combined with higher blood pressure can lead to a fatal heart attack. Quitting smoking rapidly reduces the risk of coronary heart disease. Smokers are two to three times more likely than nonsmokers to die from coronary heart disease.



The arrow points to a hole in the heart wall. Smoking weakens the heart and increases blood pressure while contributing to clogged and constricted arteries. Severe damage like this may occur.

IMPAIRED ATHLETIC ABILITY

Athletic ability can also be affected by tobacco use. Smokers often experience reduced speed and endurance when running, a low tolerance for exercise, and increased susceptibility to injuries such as broken bones or sprains. A smoker's injuries also take longer to heal—adding up to more time out of the game.

INCREASED SEVERITY OF DISEASES

Smoking can compound the effects of diseases. Diabetics who smoke are more likely to suffer from nerve damage, kidney failure, and other complications. Smokers who are infected with HIV develop symptoms of AIDS more quickly than nonsmokers. Smoking also increases the severity of other conditions such as hypothyroidism and allergies.

INFERTILITY

For a man, smoking reduces the density and speed of sperm, which can make it more difficult for his partner to become pregnant. Smoking also causes infertility and early menopause in women.

KIDNEY CANCER

After tobacco smoke enters the lungs, it is absorbed into the bloodstream. Because the kidneys filter out wastes in the bloodstream, the chemicals from tobacco smoke can easily build up in them. This concentration of carcinogens may result in cancer. Surgical removal of a tumor or the loss of a kidney may follow. Smoking increases the risk of kidney cancer.

LARYNGEAL CANCER

The larynx—or voice box—is located above the esophagus. Not only is the larynx necessary for speaking, but it also protects the lungs. Advanced cases of laryngeal cancer sometimes require surgical removal of the larynx; patients are then fitted with an electronic voice box. Depending on how much a person smokes, the risk of laryngeal cancer is up to 35 times higher for a smoker than a nonsmoker.



The bumpy area in the center of the larynx is cancer.



Symptoms of cancer of the larynx may include persistent hoarseness, a chronic sore throat, painful swallowing, pain in the ear, or a lump in the neck.



LEUKOPLAKIA

A precancerous condition, leukoplakia appears as a white patch inside the mouth. It is often caused by tobacco use and can be a warning sign of oral cancer.

Nicotine and other chemicals in tobacco products can irritate the inside of the mouth, contributing to leukoplakia.

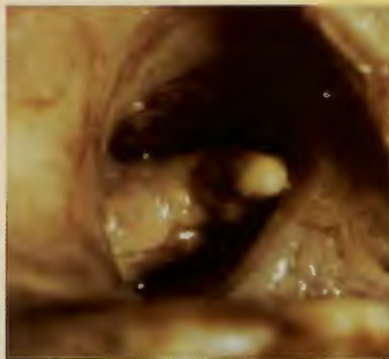
LUNG CANCER

Lung cancer kills more people than any other type of cancer. Smoking causes about 90% of all cases of lung cancer. While a tumor in the lung sometimes causes symptoms such as coughing up blood or difficulty breathing, there are often no symptoms of lung cancer until it is advanced. By the time it is detected, lung cancer often has spread to other places in the body, including the bones, liver, brain, and adrenal glands.

**Tobacco
use kills one
person every
6 seconds.**



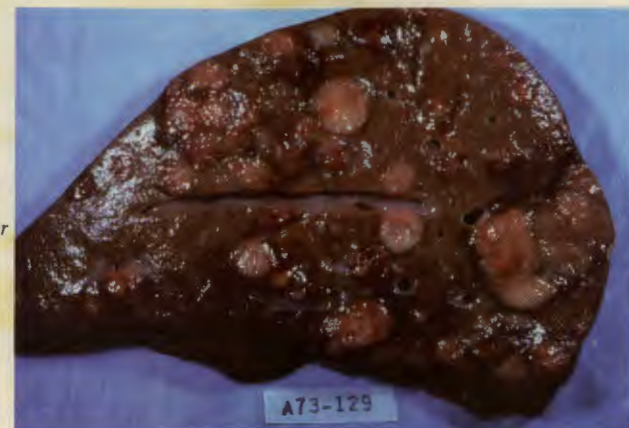
The grayish-white bumps on and in the lung are cancerous growths. Tar and carcinogens in cigarette smoke cause tumors to develop.



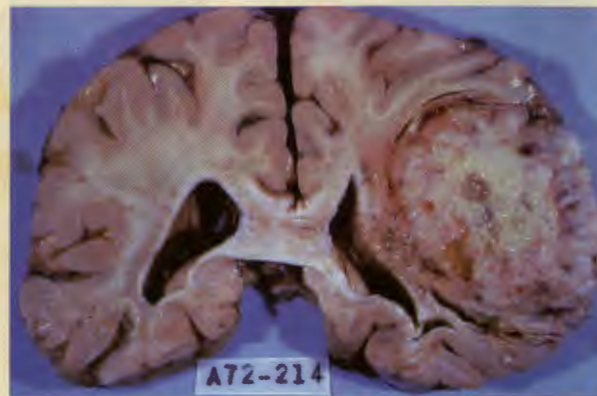
This finger-shaped growth partially blocking the windpipe is a lung tumor.



This is a backbone with spots of cancer. This type of cancer is very painful and difficult to cure.



The liver filters blood and processes chemicals for the body. Cancer can spread from the lungs to the liver, shown here as light spots. This cancer is very painful.



The large area on the right side of this brain has been destroyed by cancer.

MONETARY COSTS

Smokers have more expenses because of higher life insurance premiums; extra taxes on cigarettes; replacement costs for damaged furniture, clothes, and car interiors; and the costs of cigarettes themselves. If you smoke, multiply the number of packs you smoke a day by the cost of a single pack. Then, multiply this number by 365 to see how much you spend each year on cigarettes. What else could you use this money for?

ORAL CAVITY & OROPHARYNGEAL CANCER

Oral cancer occurs in or on the mouth, lips, tongue, and lining of the cheek. Oropharyngeal cancer occurs in the throat, or pharynx, which includes the tonsils, base of the tongue, and back of the throat. About 90% of all cases of these cancers are directly related to the use of tobacco products. These cancers can be treated, but the surgery to remove the tumors often leaves the patient disfigured.



This cancer on the lip may not appear to be a cause for concern. However, once oral cancer develops, it becomes aggressive and advances very quickly.



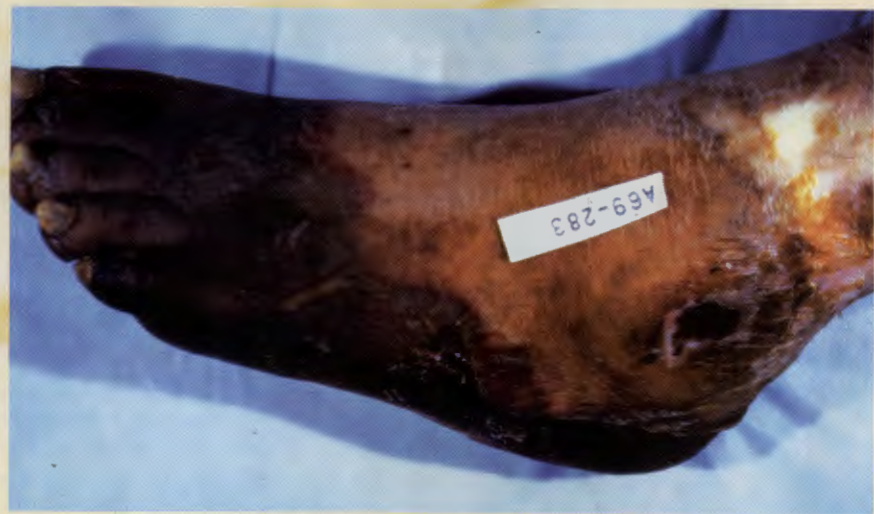
The circled sore on this tongue is cancer. It will spread unless it is removed.

OSTEOPOROSIS

Osteoporosis is a disease characterized by low bone mass and progressive bone loss that often results in an increase in fractures, including hip fractures. Smoking can cause the bones to lose mass more quickly and may interfere with calcium absorption, leading to an increased risk of osteoporosis.

PANCREATIC CANCER

Almost one-third of all cases of pancreatic cancer are linked to smoking. Avoiding cigarettes and other tobacco products significantly reduces a person's risk of developing this type of cancer.



If circulation is severely reduced in the limbs, gangrene or other infections may occur, and amputation may be required.

PERIPHERAL VASCULAR DISEASE

Peripheral vascular disease, or PVD, is caused by the gradual narrowing of the arteries in the arms and legs. Smoking greatly increases the risk and severity of this disease by contributing to atherosclerosis in these tiny arteries. PVD causes painful cramping during exercise, numbness and tingling, and weakness in the affected limbs. Disability may result as the risk of infection or amputation increases.

Half of the people who smoke today will eventually be killed by tobacco.

POISONOUS INGREDIENTS

Tobacco smoke contains more than 4,000 chemicals, many of which are poisonous. At least 60 of these substances are carcinogens—they have been proven to cause cancer in humans. The list of these deadly substances includes chemicals also found in gas-chamber poison, rat poison, car exhaust, embalming fluid, and pesticides.

PREMATURE AGING

Research suggests that smoking may cause hair loss and prematurely gray hair. In addition, smoking can damage blood vessels and the connective tissues that maintain skin's elasticity. Smokers are more likely to have facial wrinkles at an early age than nonsmokers.



Many people smoke because they think it will make them look more glamorous. Instead, smoking damages the skin, causing premature wrinkling.

PREMATURE DEATH

Tobacco use is the second major cause of death in the world. Worldwide, it kills about 5 million people each year. Half of the people who smoke today will be killed by tobacco.

REDUCED LUNG FUNCTION

People who smoke just one cigarette a week may experience more coughing and wheezing than nonsmokers. Tobacco use can also cause slowed lung growth, reduced lung function, and excess phlegm. In fact, smokers experience shortness of breath three times more often than nonsmokers.

Worldwide, smoking causes about 5 million deaths every year.

RHEUMATOID ARTHRITIS

Rheumatoid arthritis occurs when the body's own immune system attacks joints and organs, causing painful swelling. This disease is chronic and can be debilitating. Smokers are twice as likely to develop rheumatoid arthritis as nonsmokers.



A smoker's risk for developing rheumatoid arthritis is increased by the number of cigarettes smoked.

Secondhand smoke can cause heart disease, stroke, and lung cancer in nonsmokers.

SECONDHAND SMOKE

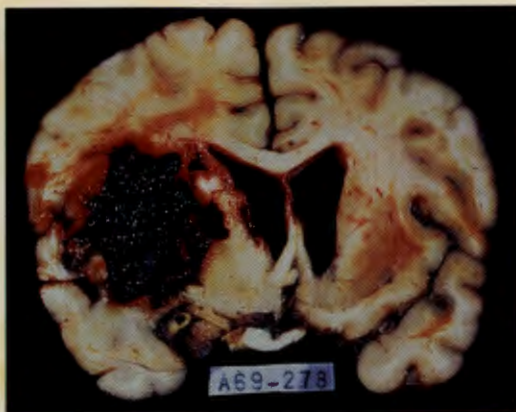
Secondhand smoke is a mixture of two kinds of smoke that come from burning tobacco products: sidestream smoke, which comes directly from burning tobacco products, and mainstream smoke, the smoke that is exhaled by a smoker. Secondhand smoke can leave nonsmokers with the same devastating health effects as smokers—including heart disease, stroke, and lung cancer. Both smokers and nonsmokers experience eye irritation, sore throats, headaches, nausea, and dizziness when exposed to secondhand smoke.

SENSORY IMPAIRMENT

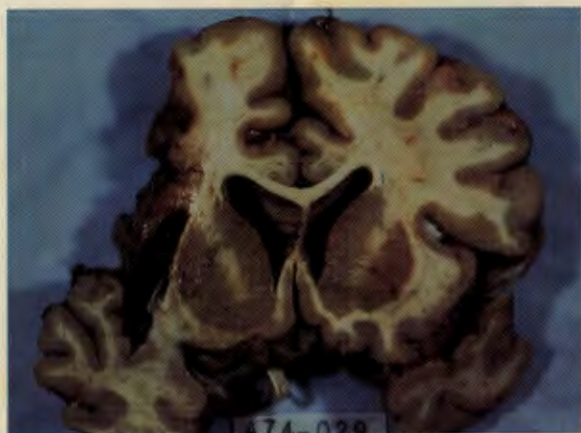
Smokers experience hearing loss almost twice as often as nonsmokers. The chemicals in smoke can also significantly impair the senses of smell and taste. Although smoke leaves an odor on furniture, clothes, hair, and a person's breath, smokers may not be as aware of these odors because of a reduced sense of smell.

STROKE

A stroke occurs when an artery in the brain becomes clogged or bursts. Strokes can cause paralysis, brain damage, or death. Hardened arteries, high blood pressure, and clotting problems—all of which can be caused by smoking—increase the risk for strokes.



This brain shows stroke damage, which can cause death or severe mental or physical disability.



A large area of this brain was destroyed by a stroke. Smoking is a leading cause of strokes.

SUPPRESSED IMMUNE SYSTEM

Smoking suppresses the immune system—the body's natural defense against illness. People who smoke tend to get sick more often than nonsmokers do, and their recovery time is often longer. After injury or surgery, a smoker's body takes longer to heal than a nonsmoker's body.

VISION IMPAIRMENT

Cataracts and macular degeneration—conditions that impair vision and may even lead to blindness—are more common in smokers than nonsmokers.



Chemicals in cigarette smoke can leave dark stains on your teeth.

YELLOWED TEETH & NAILS

Tobacco products cause plaque buildup on teeth, which can be removed only with professional cleaning. Other chemicals in tobacco smoke stain teeth and fingernails yellow.

YOUNG ADDICTION

Cigarette companies rigorously recruit young smokers to replace those who quit or die from tobacco-related diseases.

Their campaigns have worked—nearly all smokers started smoking before the age of 18. Millions of young people begin smoking each year, and for many it becomes a lifelong habit. About half of them will eventually die from a smoking-related illness.



Cigarette smoking is the most preventable cause of disease and premature death in the world. If you don't smoke, don't start. If you do, quit now. Quitting may save your life.

Why do people continue to smoke when they know about the negative health consequences? The answer is that cigarettes are addictive. If you smoke but you are ready to make the commitment to quit, here are a few suggestions:

- Ask your healthcare professional about cessation programs involving medications or nicotine replacement therapies. These programs are most successful when combined with behavioral therapy.
- Set a quit date. Remind yourself of this quit date each time you reach for a cigarette.
- Make a list of reasons to quit. Refer to it often.
- Build a support network of friends and family.
- On your quit date, throw out all cigarettes, ashtrays, and lighters.
- Avoid situations where you will feel pressured to smoke.
- Learn to cope with urges—it may feel like forever, but the urge to smoke only lasts a few minutes.

Quitting is never easy. If you relapse, remember that it is common for people to make several attempts before they are able to quit with lasting results. Rely on your support network, and don't give up! Remember ...

QUITTING SMOKING CAN SAVE YOUR LIFE!

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