

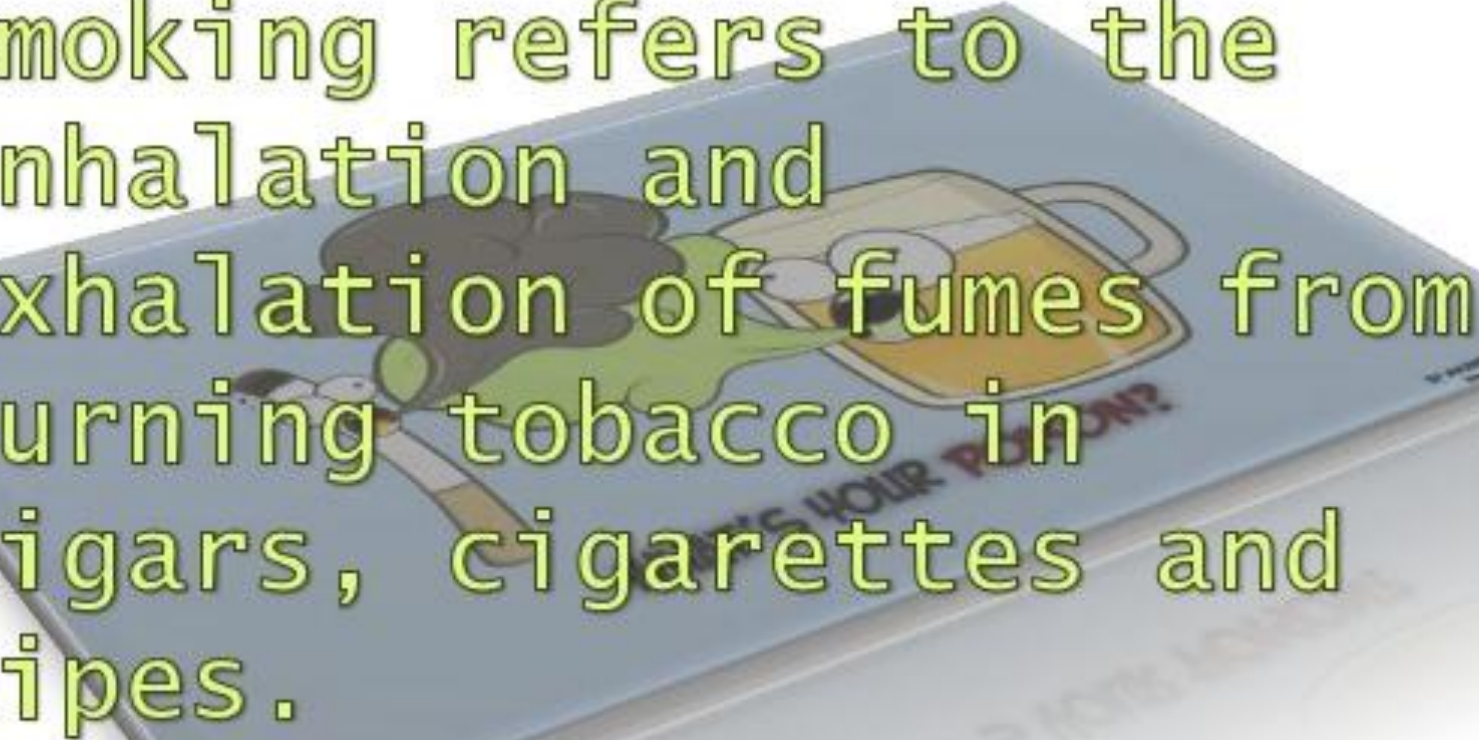


# Presentation:

«Harm of smoking»

# *What is Smoking???*

Smoking refers to the inhalation and exhalation of fumes from burning tobacco in cigars, cigarettes and pipes.

A pack of cigarettes is shown at an angle. The pack is light blue and features a cartoon illustration of a person with a large nose smoking a pipe, with a cloud of smoke coming out. Next to them is a glass of beer. The text 'SMOKING IS YOUR POISON?' is visible on the pack. The pack is resting on a surface that reflects it.



**WARNING:**

SMOKING CAUSES GANGRENE  
QUIT: 1800-438-2000



**WARNING:**

SMOKING INCREASES MISCARRIAGE  
RISK  
QUIT 1800-438-2000



**WARNING:**

SMOKING CAUSES  
92% OF ORAL CANCERS  
QUIT: 1800-438-2000



**WARNING:**

SMOKING CAUSES  
NECK CANCER  
QUIT 1800-438-2000



**WARNING:**

SMOKING CAUSES MOUTH DISEASES  
QUIT: 1800-438-2000



**WARNING:**

SMOKING CAUSES  
92% OF ORAL CANCERS  
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# Damaged Gums and Teeth



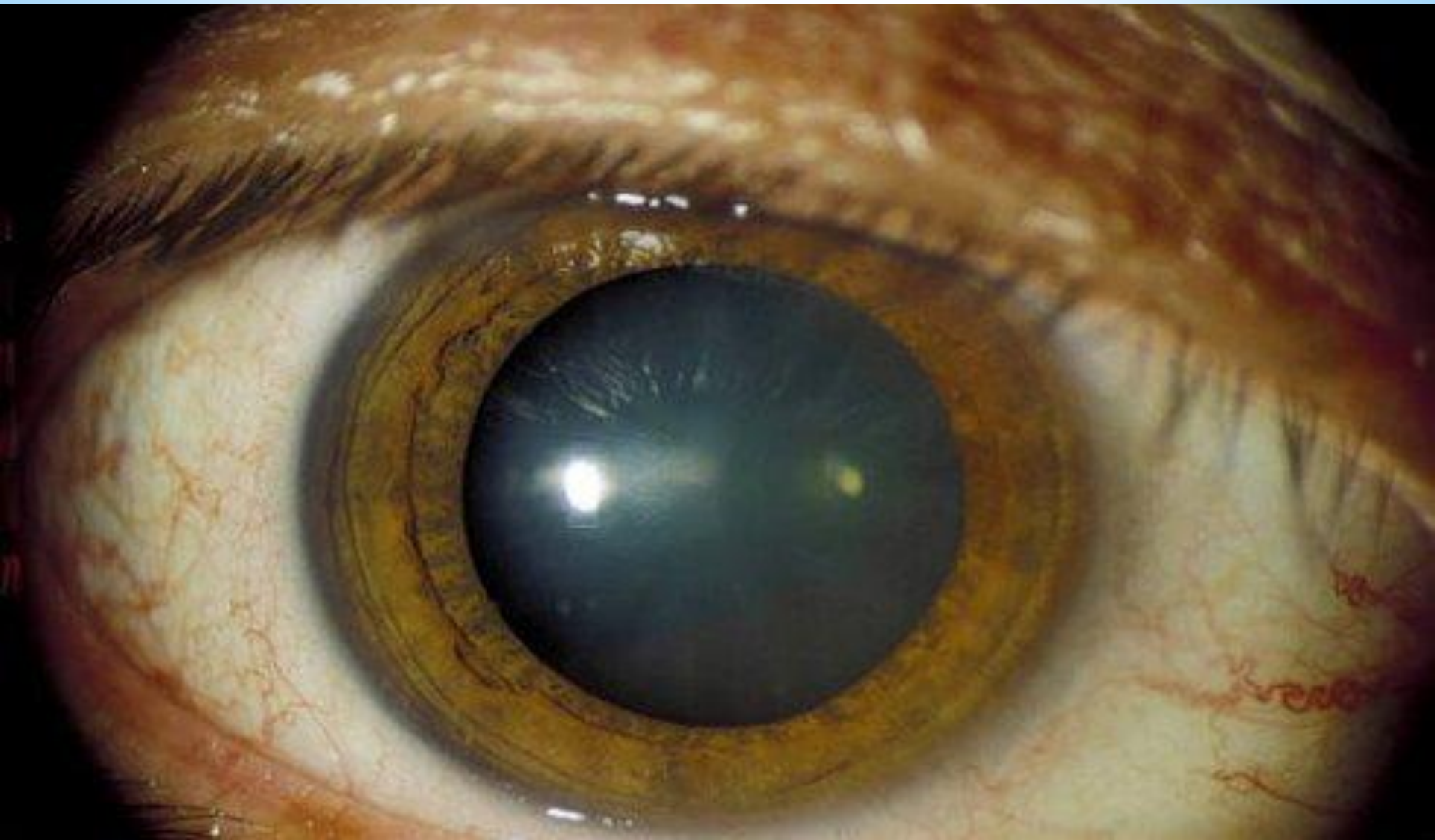
**Yellow teeth are an obvious sign of smoking. But smokers experience other oral and dental problems as well. Gum disease, bad breath, and tooth loss are all more common in people who smoke.**

# Hair Loss



**Smoking can worsen the natural process of hair thinning that occurs as we age. Some research shows that baldness is more common in men who smoke.**

# Cataracts



Cataracts are opaque areas on the lens of the eye that interfere with vision. Effective treatment can mean that surgery is required. Smoking increases the likelihood that you will develop cataracts.

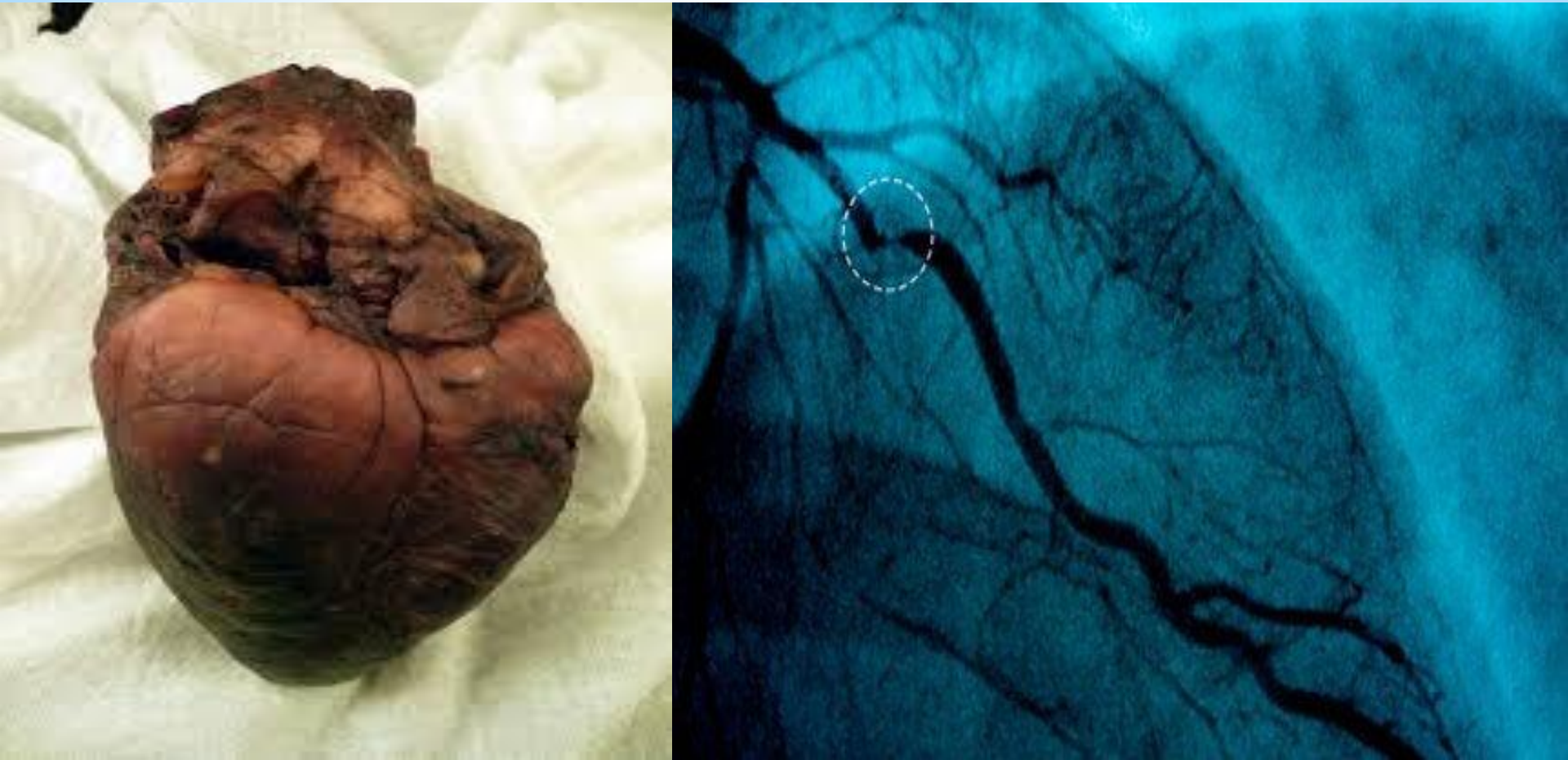


# Psoriasis



Smokers also have an increased risk of getting psoriasis, an unsightly and often uncomfortable skin condition. Psoriasis is characterized by thick, scaly skin patches that are most commonly seen on the elbows, scalp, hands, back, or feet.

# Heart Disease



Narrowing of the coronary arteries of the heart is one of the most dangerous consequences of smoking. Since smoking also raises blood pressure and makes blood more likely to clot, the risk of a heart attack is dramatically increased. Smoking can also affect blood flow in other ways. Erectile dysfunction is one consequence of altered blood flow in men who smoke.



# Reproductive Issues



Not only do female smokers have a harder time conceiving, but their risk of problems in pregnancy also increases. Women who smoke have a greater than normal chance of miscarriage, premature birth, or having a baby with low birth weight.

# Oral Cancer

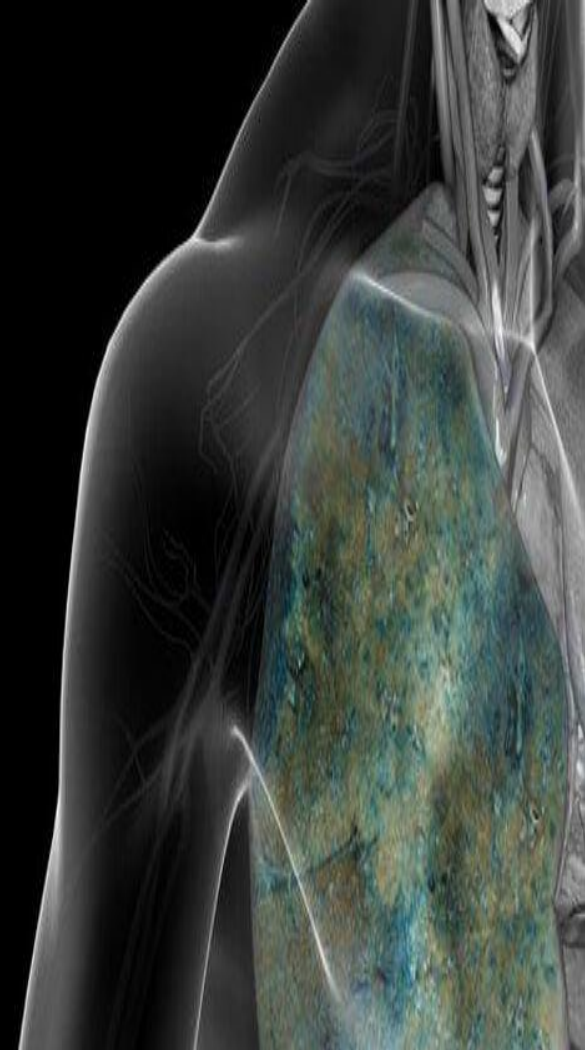
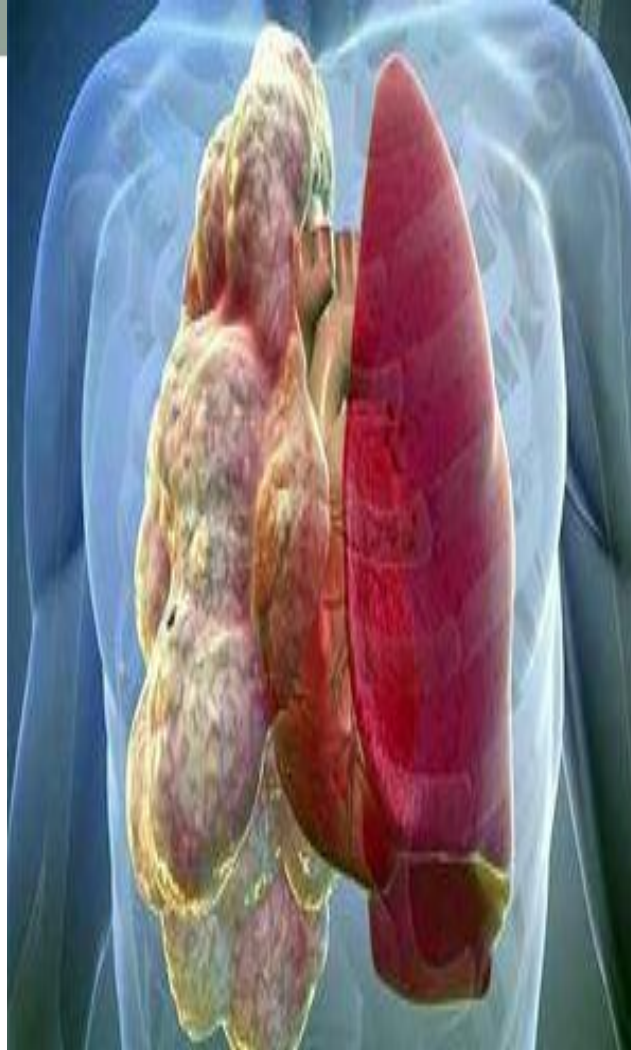


Oral cancer risk is also elevated in people who smoke or use smokeless tobacco. Adding alcohol to the mix intensifies this risk; those who smoke and are heavy drinkers have a 15-fold increased risk of oral cancer. Oral cancer usually starts as a sore inside the mouth that won't go away. Quitting smoking lowers the risk of oral cancer.



# Lung Cancer

Lung differences



Nine out of every 10 deaths from lung cancer are due to smoking, meaning that 90% of lung cancer deaths could be prevented. Smoking causes other lung problems, like emphysema, and increases the risk of contracting pneumonia.







Don't  
Let  
Your Life  
Go up  
in  
Smoke.