

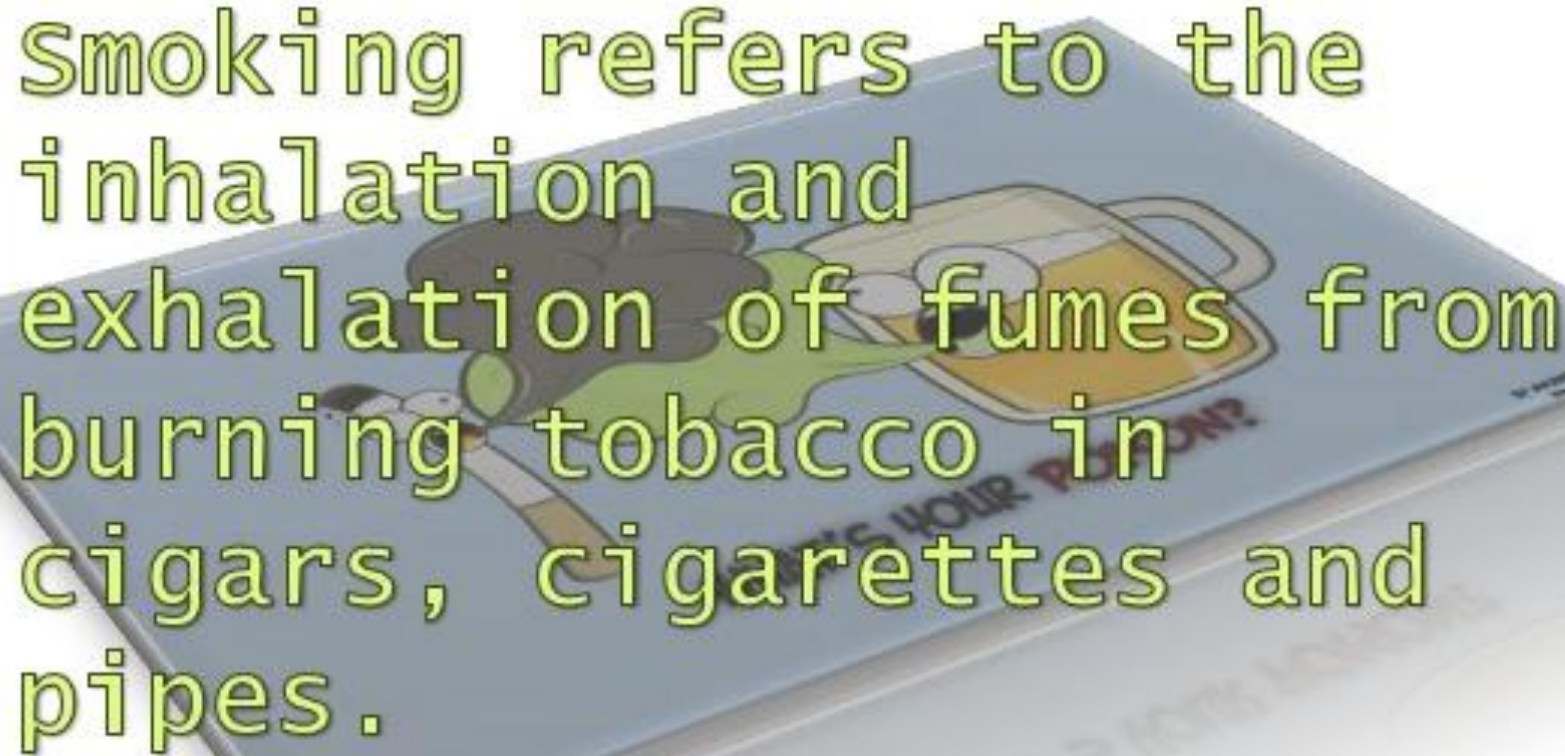


Presentation:

«Harm of smoking»

What is Smoking???

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





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



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Damaged Gums and Teeth



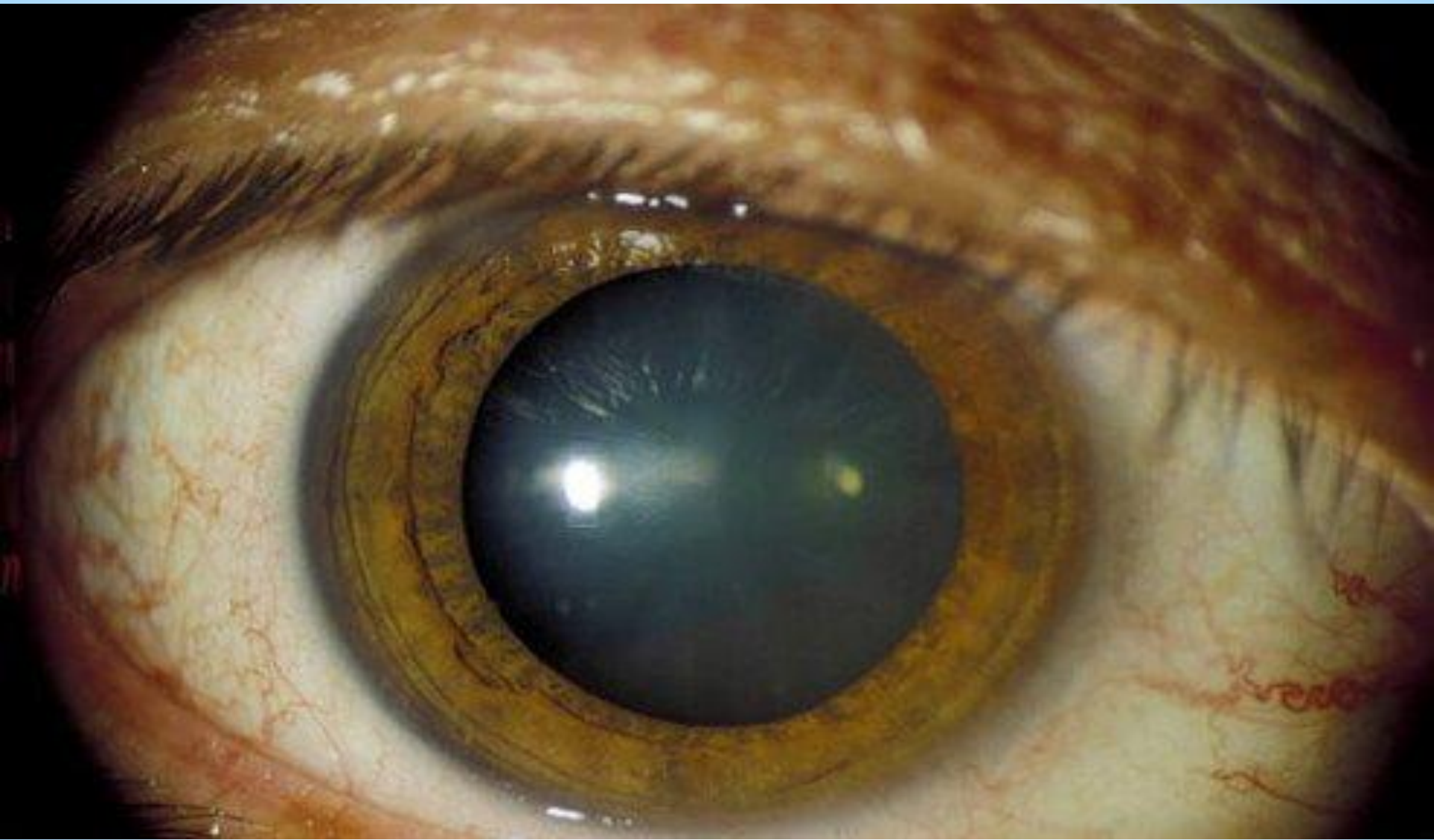
Yellow teeth are an obvious sign of smoking. But smokers experience other oral and dental problems as well. Gum disease, bad breath, and tooth loss are all more common in people who smoke.

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



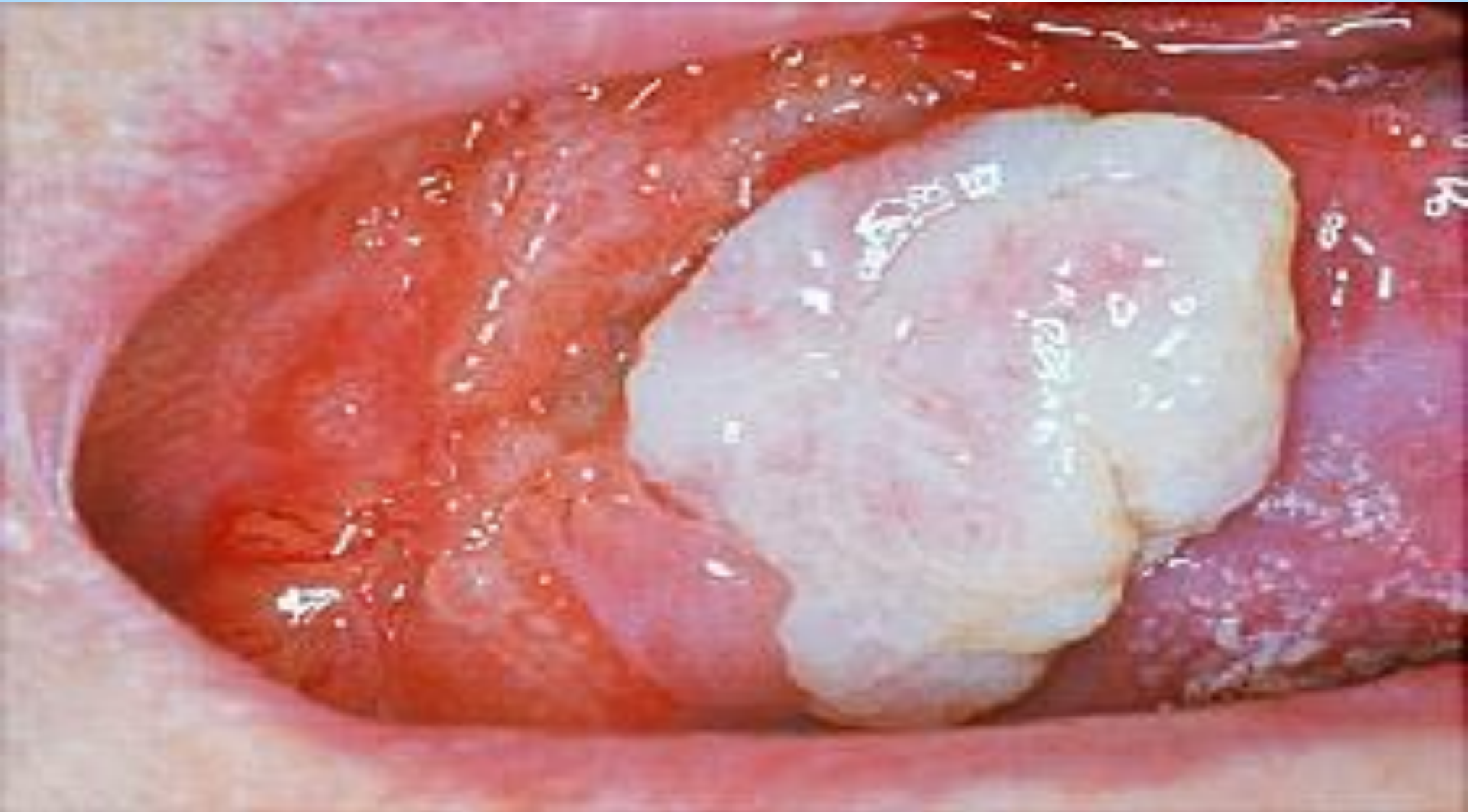
Narrowing of the coronary arteries of the heart is one of the most dangerous consequences of smoking. Since smoking also raises blood pressure and makes blood more likely to clot, the risk of a heart attack is dramatically increased. Smoking can also affect blood flow in other ways. Erectile dysfunction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

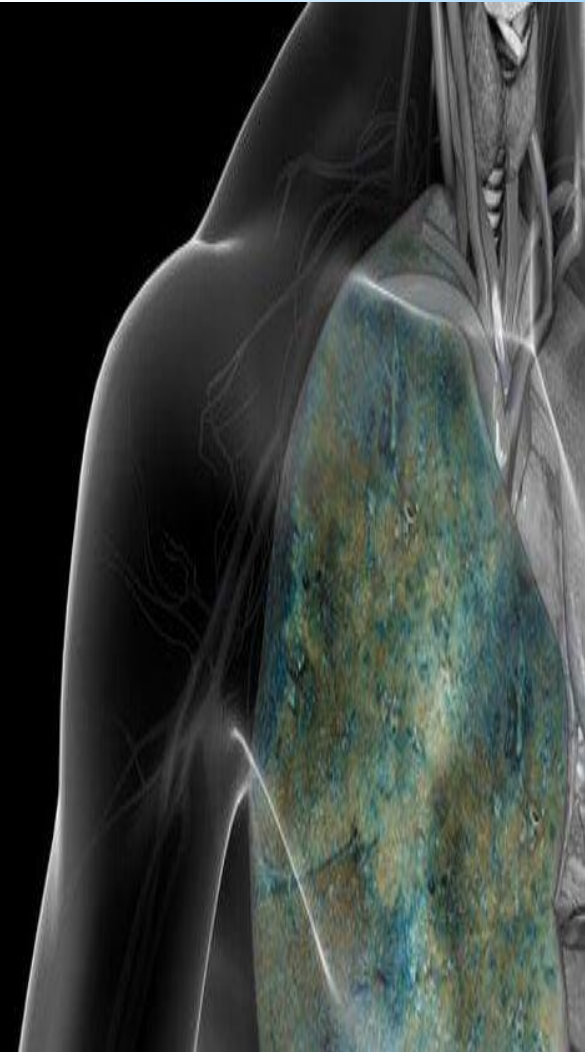
Oral Cancer



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.