

The Long-Term Health Effects of Smoking Tobacco

Leaving No Body Part Unharmmed

Heart and Circulatory System

- Reduces fitness level and athletic ability
- Increases risk of heart disease
- Increases risk of heart attack
- Increases blood pressure
- Hardens arteries and decreases blood flow
- Leads to poor blood circulation in extremities that could lead to amputations

Lungs

- Reduces the rate of normal lung growth
- Increases risk of emphysema and bronchitis
- Destroys tiny hair-like structures in the trachea ("cilia") that filter bacteria and other harmful substances, reducing immunity to diseases
- Leads to phlegm build up and excess coughing
- Increases the risk of lung cancer

Reproductive Systems

Male

- Decreases sperm count
- Decreases sperm movement
- Lowers sex drive

Female

- Adversely affects menstrual cycle
- Increases risk of cervical cancer
- Increases risk of breast cancer
- Leads to early onset of menopause
- Leads to low-birth-weight babies
- Can affect infant growth, intellectual development, and behaviour

Brain

- Increases risk of stroke
- Greater risk of stroke for women using the "pill"
- Can lead to nicotine addiction
- Kills brain cells

Mouth and Throat

- Increases risk for mouth, throat, and tongue cancer
- Increases risk for larynx and esophagus cancer
- Stained teeth and tooth decay

Skin

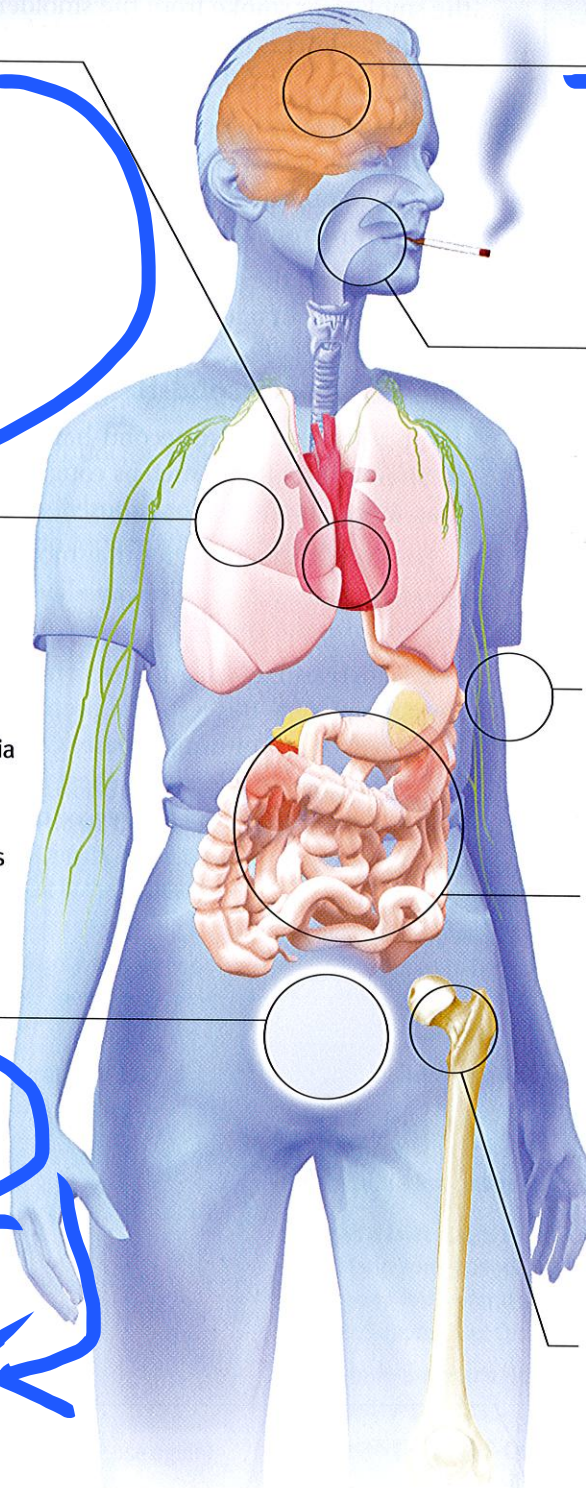
- Increases dryness
- Speeds up aging of skin
- Causes wounds to heal slowly

Stomach and Intestines

- Increases risk of ulcers
- Leads to bleeding of the stomach lining
- Increases risk of stomach and intestinal cancer

Bone

- Increases the risk of osteoporosis



Over the years, many of these effects of tobacco can be reversed if the individual quits smoking.