

A lit cigarette and a lit matchstick are shown against a dark background. The cigarette is on the left, and the matchstick is on the right, with a bright flame. The text is overlaid on the left side of the image.

Effects & Hazards of Smoking

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Tobacco Use



Tobacco:

- Causes millions of deaths each year
- Is expected to cause the premature deaths of half of all current smokers who continue to smoke
- Is a leading risk factor for disease
- Is the world's leading preventable cause of death

All tobacco products are addictive and contain carcinogens and other toxins.

**If current trends continue,
smoking will cause approximately**

**8 million
deaths**

each year by 2030.

What's in Tobacco Smoke?

Smoke contains around 4,000 chemicals, including

Toxic Metals

Poisonous Gases

**Cancer-Causing
Substances**



Smoke contains:

Also found in:

- **Arsenic pesticides**
- **Ammonia floor and toilet cleaner**
 - **Butane** **cigarette lighter fluid**
 - **Cadmium** **batteries**
- **Carbon monoxide** **car exhaust**
 - **Formaldehyde** **embalming fluid**
- **Hydrogen cyanide** **gas chamber poison**
 - **Methanol** **rocket and car fuel**
- **Polonium-210** **radioactive compound**
 - **Toluene** **paint thinner**

Nicotine Addiction

Nicotine:

- Is the addictive drug in tobacco
- Affects mood and behavior
- Can produce unpleasant withdrawal symptoms

Modern tobacco products are carefully designed nicotine-delivery systems that can create lifelong nicotine dependency.



smokeless tobacco

pipes



cigars



are **NOT** safe alternatives to cigarettes.

Cancer

**Tobacco companies
use glamorous images
to sell cigarettes.**

**But the real
consequences of
smoking aren't
pretty.**



Smoking can cause cancer throughout the body.

Mouth
Throat
Larynx
Esophagus

Lung

Stomach

Kidney

Pancreas

Bladder
Cervix



**Smoking is
estimated
to cause**

90%

**of all lung
cancers.**



Cancerous lung

Respiratory Disease

Smoking can damage the lungs and weaken the body's immune system. Possible consequences include:

- **Greater frequency of respiratory illnesses such as acute bronchitis and pneumonia**
- **Chronic coughing and wheezing**
- **Chronic obstructive pulmonary disease (COPD)**



Respiratory Disease

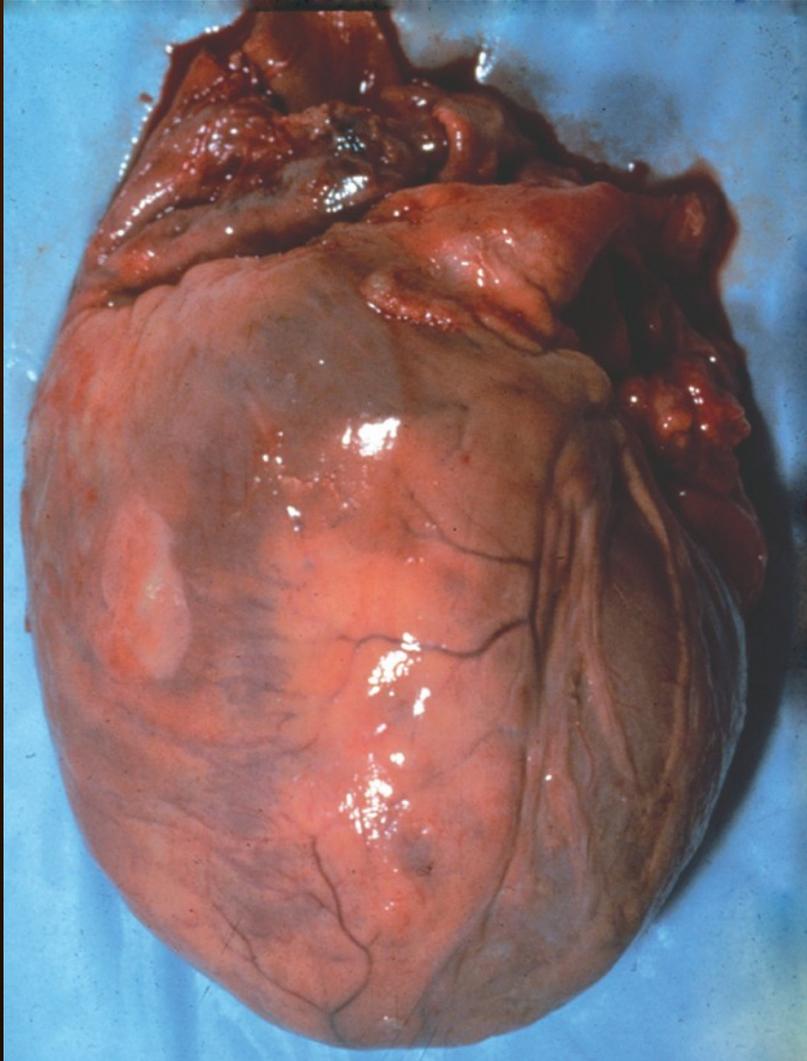
COPD:

- Is a progressive lung condition that includes chronic bronchitis and emphysema
- Is a leading cause of death



People with COPD slowly start to die from lack of air and often need to use oxygen as the condition progresses.

Cardiovascular Disease



Diseased heart

Smoking can cause cardiovascular disease, which includes diseases of the heart and blood vessels.

Most cases of these diseases are the result of atherosclerosis, the hardening or narrowing of the arteries.

Cardiovascular Disease

Smoking contributes to atherosclerosis and its consequences because it can:

- **Damage the cells that line blood vessels**
- **Promote the buildup of plaque on artery walls**
- **Increase the risk of blood clots, which can block blood vessels**

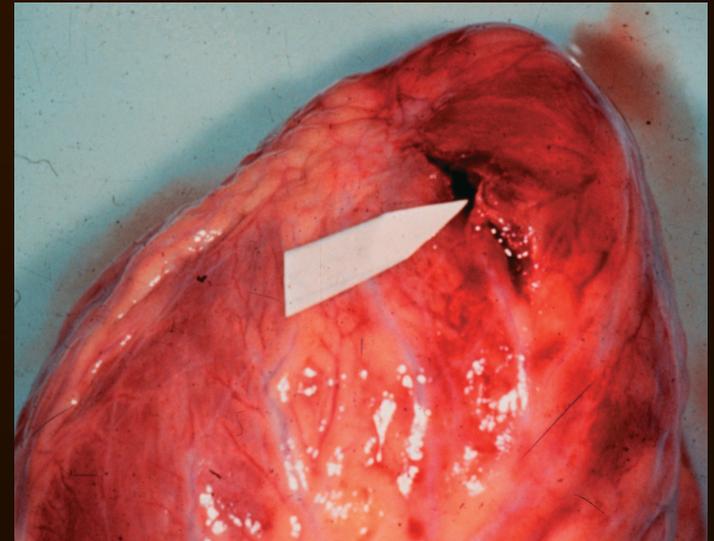


Artery with atherosclerosis

Cardiovascular Disease

Coronary Heart Disease:

- Refers to diseases of the arteries that supply the heart with blood
- Also includes complications of those diseases, including heart attacks
- Heart attacks occur when the blood supply to part of the heart is blocked
- Many heart attacks are fatal



Heart attack damage

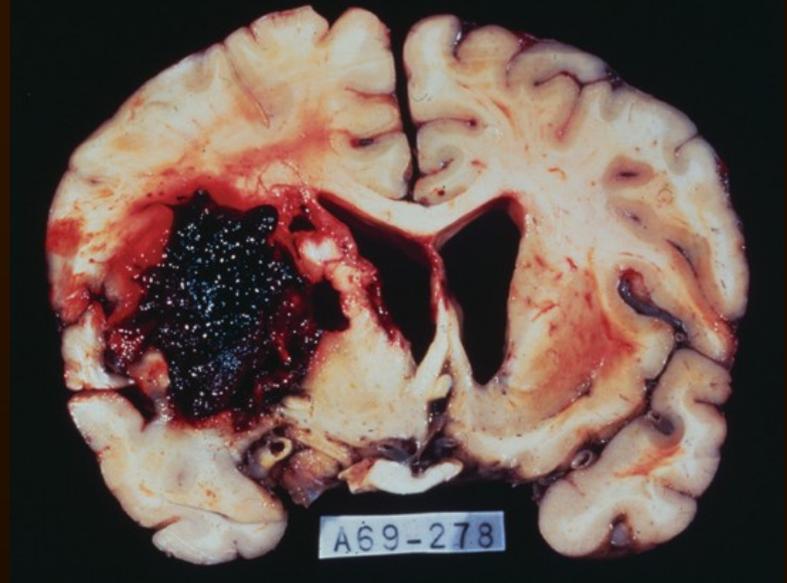
Cardiovascular Disease

Abdominal Aortic Aneurysm:

- Occurs when the aorta (the body's largest artery) becomes damaged and creates a bulge. The aneurysm may burst, resulting in life-threatening bleeding.

Stroke:

- Occurs when blood flow to the brain is interrupted, often because of a blocked artery. Brain damage, paralysis, and death can result.



Brain damaged by stroke

Cardiovascular Disease

Peripheral Arterial Disease (PAD):

- Refers to damage to arteries that carry blood outside the heart to other parts of the body such as the arms and legs
- In severe cases, blocked blood flow may make amputation of a limb necessary
- Smoking is a major risk factor for PAD



Foot damaged by PAD

**Sexual and
Reproductive
Problems**

Gum Disease

Peptic Ulcers

Cataracts

Bone Fractures

**are just a few of the many other
consequences of smoking.**

Dangers of Secondhand Smoke

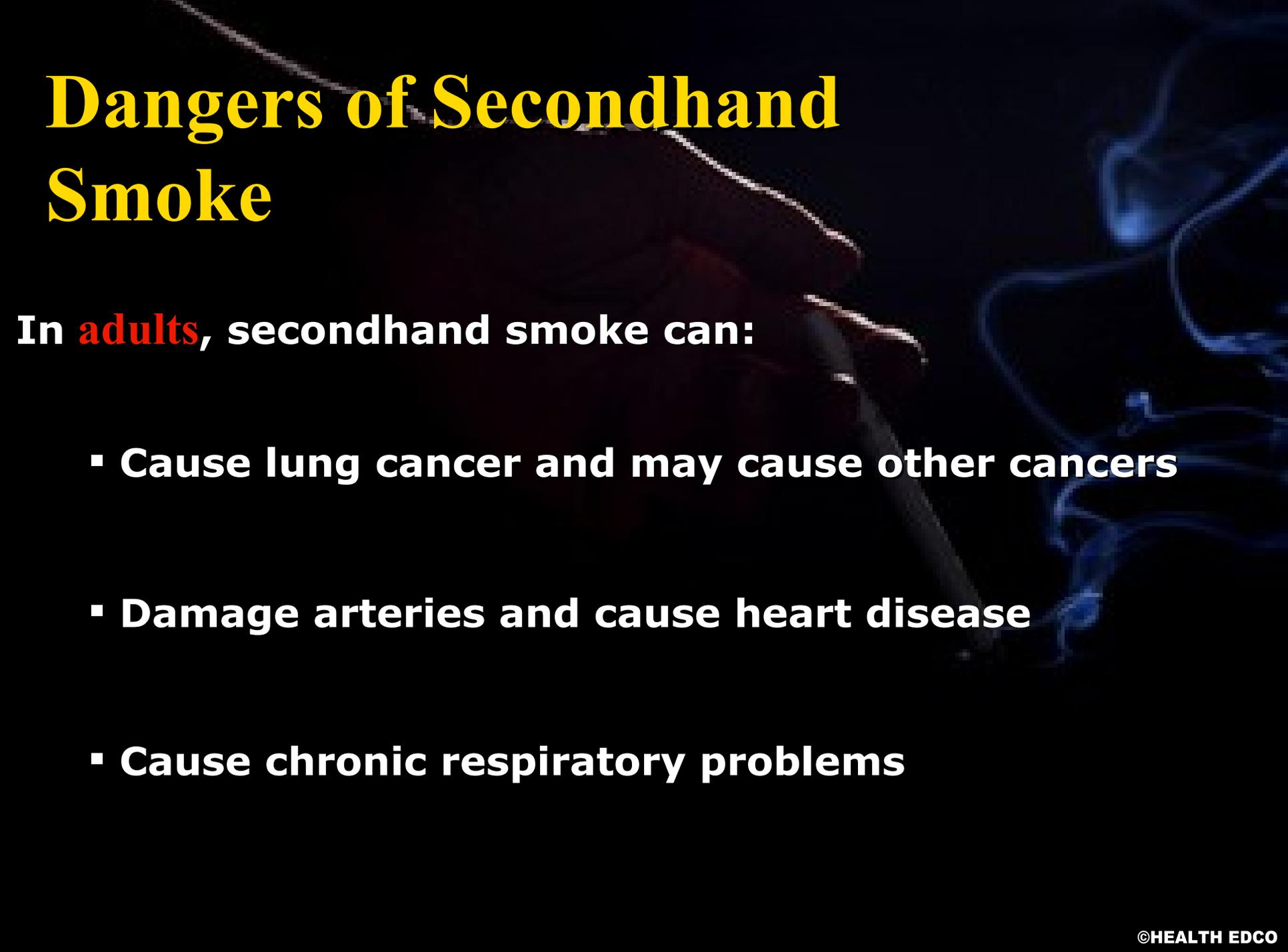
Secondhand Smoke:

- Contains the same dangerous chemicals a smoker inhales
- Is a mixture of the smoke exhaled by a smoker and smoke from the lit end of a cigarette, cigar, or pipe

Breathing even a small amount of second-hand smoke can be dangerous. No level of secondhand smoke exposure is safe.



Dangers of Secondhand Smoke



In **adults**, secondhand smoke can:

- **Cause lung cancer and may cause other cancers**
- **Damage arteries and cause heart disease**
- **Cause chronic respiratory problems**

Dangers of Secondhand Smoke

Because their bodies are still developing, **infants** and **children** are especially vulnerable to second-hand smoke, which can increase the risk for:

- Asthma attacks
- Ear infections
- Sudden infant death syndrome (SIDS)
- Respiratory illnesses including bronchitis and pneumonia
- Low birthweight if the mother is exposed during pregnancy

Benefits of Not Smoking



The best way to avoid the hazards of smoking is not to smoke. If you don't smoke, don't start.

If you do smoke, quit now. Talk to your healthcare professional about the best methods to help you quit.

Quitting smoking is one of the best decisions you can make.

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

If you have any questions about the effects and hazards of smoking, please contact your healthcare professional.

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