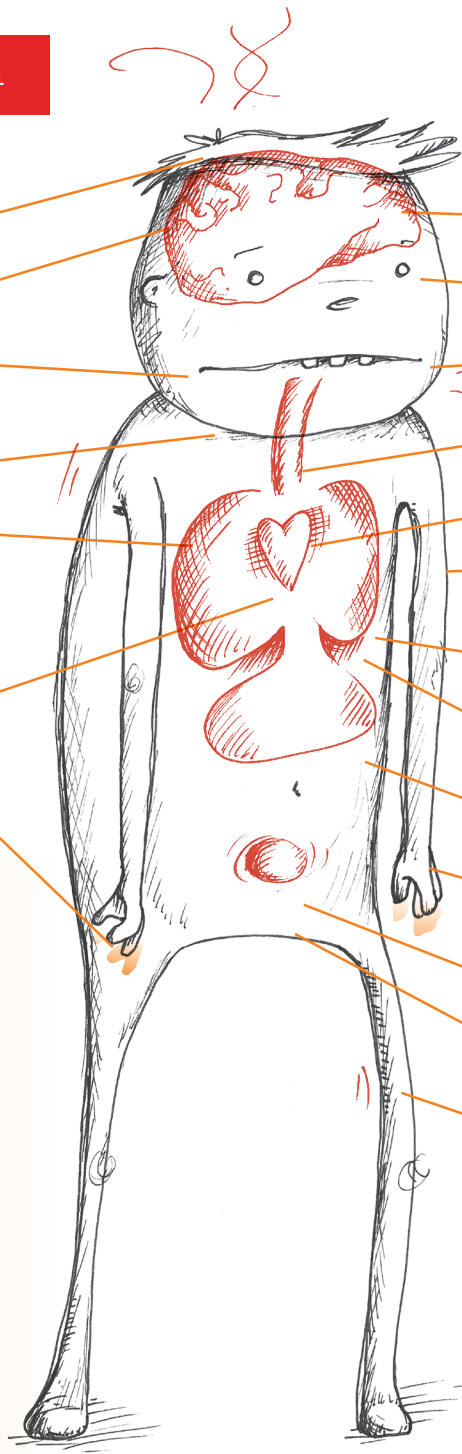


Smoking affects many parts of the body, both inside and outside. Some of the effects happen straight away and others take longer to occur. The diagram below shows some of the harmful consequences of smoking:

Immediate & Short-term

Medium & Long-term



Smelly hair

Less oxygen to the brain

Yucky skin, smelly breath and stained teeth

More coughs and colds

Less oxygen to lungs (This causes shortness of breath, reduces fitness and can also cause an asthma attack in asthmatics.)

Increased heart rate and blood pressure

Stained fingers

Stroke

Blindness

Gum disease, leading to tooth loss

Mouth and throat cancer

Heart disease, heart attack

Skin becomes dry, discoloured and wrinkled

Emphysema (walls of lung tubes collapse)

Lung cancer

Stomach ulcers

Skin becomes dry, discoloured and wrinkled

Bladder cancer

Infertility, impotence

Poorer muscle tone

You can greatly reduce the risks of these effects by choosing to be smoke free.

Some of the benefits of being smoke free are:

- healthier skin
- fresh-smelling clothes and hair
- fresher breath & whiter teeth
- better sense of taste and smell
- improved fitness
- less sickness
- saving money
- helping save the environment
- most people are smoke free.

Many people who start smoking think they will be able to stop whenever they want. Unfortunately, the younger people start smoking, the harder it can be to quit. Most adult smokers wish they had never started in the first place.

