

# The ABCs of Smoking



# Short Term Effects

(put in notes)



- Increased heart rate
- Increased respiration
- Decrease in skin temperature
- Addiction

**Long Term  
Effects - Let's  
Review the  
ABCs...**

# Arteriosclerosis and Atherosclerosis

- Plaque build up
- Hardening of the arteries
- Increase chances for heart attack or stroke



# Asthma

- Children who live with smokers are more likely to develop Asthma - inflammation of the lungs main airways.



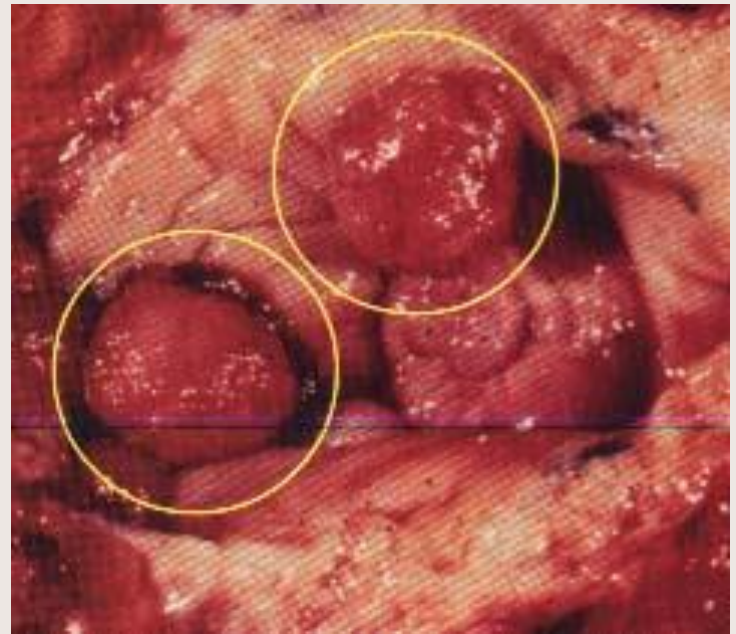
# Cancer of the Backbone





# Bladder Cancer

- The chemicals in tobacco eventually end up in the urine - washing the bladder walls with these dangerous chemicals, increasing the risk of cancer.



# Brain Cancer





# Bronchitis



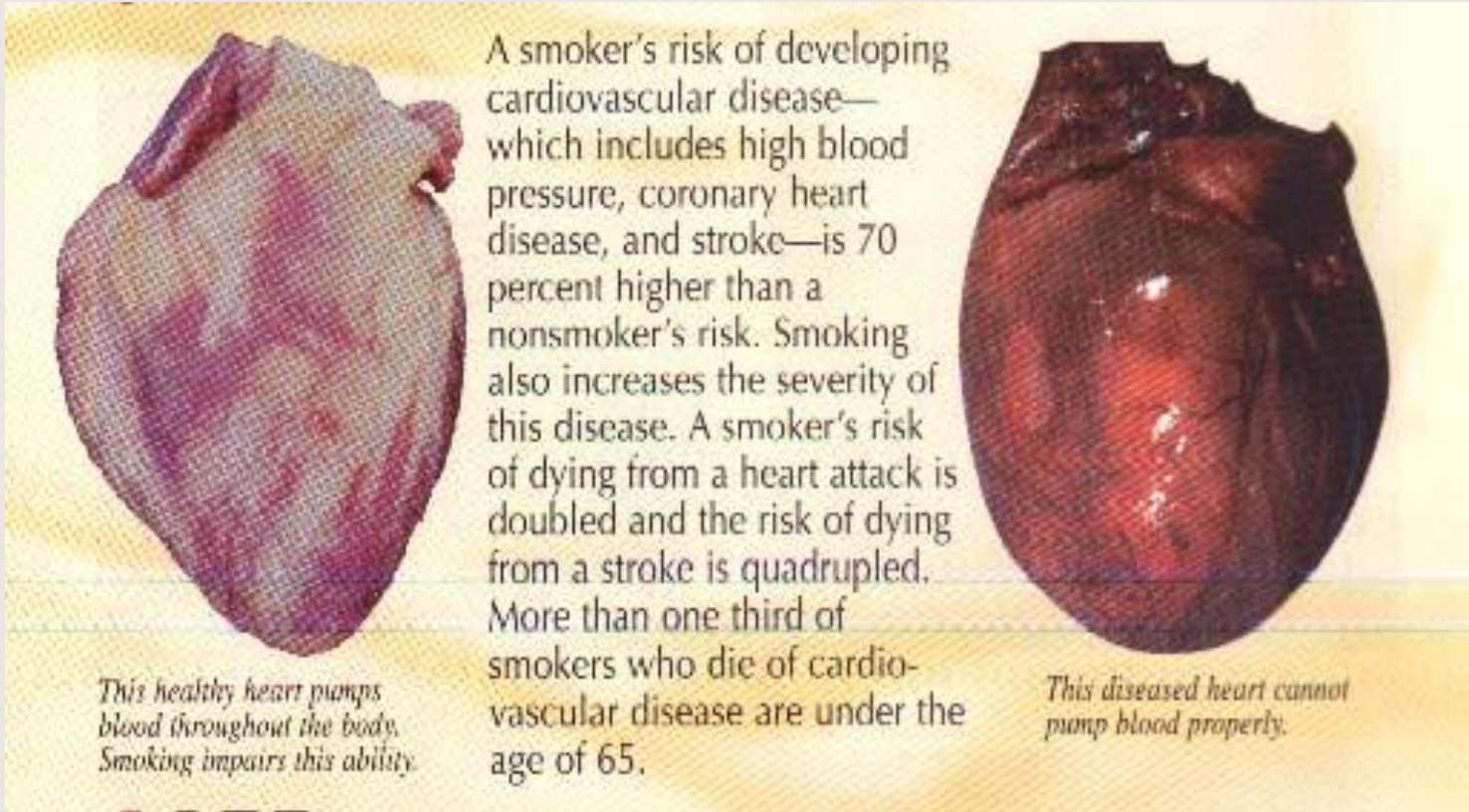
- Bronchitis causes the main air passages of the lungs to become inflamed.
- Smoking is the leading cause of chronic bronchitis.

# Burns



- More residential fire deaths result from careless smoking than any other cause.
- Cigarettes burns damage clothes, car interiors, furniture, etc.

# Cardiovascular Disease



*This healthy heart pumps blood throughout the body. Smoking impairs this ability.*

A smoker's risk of developing cardiovascular disease—which includes high blood pressure, coronary heart disease, and stroke—is 70 percent higher than a nonsmoker's risk. Smoking also increases the severity of this disease. A smoker's risk of dying from a heart attack is doubled and the risk of dying from a stroke is quadrupled. More than one third of smokers who die of cardiovascular disease are under the age of 65.

*This diseased heart cannot pump blood properly.*

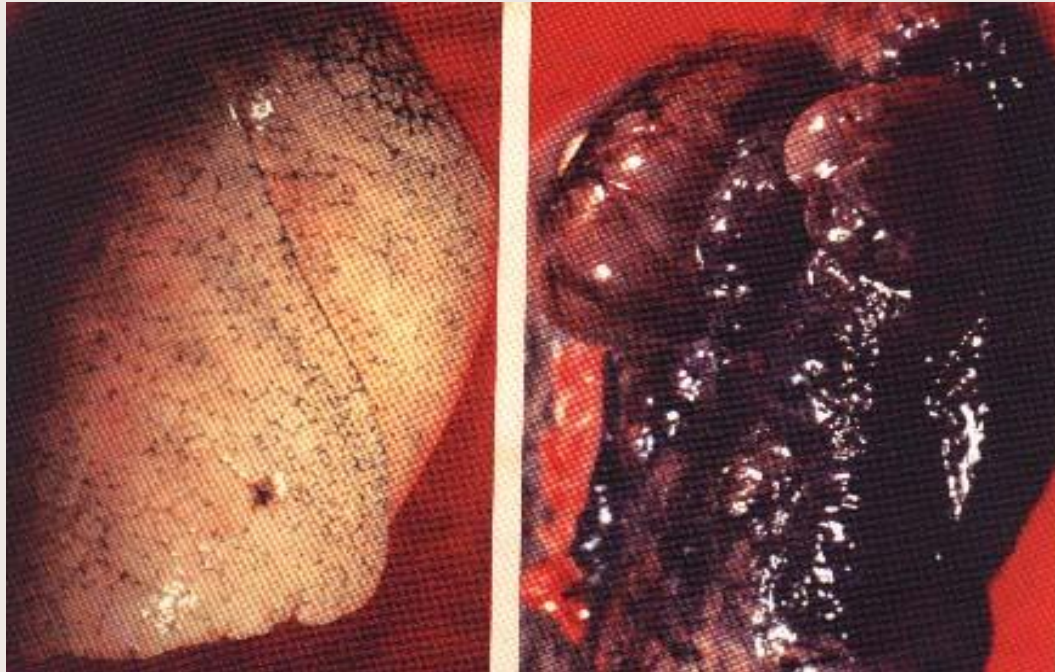
# Drug Interference



- Tobacco use may reduce the effectiveness of some medications.
- Women who smoke and take birth control pills greatly increase their risk of stroke or other cardiovascular disease.



# Emphysema



- Tars in cigarette smoke cause irritation and reduce elasticity in the lungs air sacs.



# Esophageal Cancer



- Cancer of the esophagus often causes difficult or painful swallowing and hoarseness.

# Fetal Damage



- Maternal smoking can lead to premature birth, birth defects, and low birthweight.

# Gum Disease



- Teens who smoke are 3 times more likely to develop gum disease by the time they are 25 than people who don't smoke.

# Heart Attack



- Smokers are twice as likely as nonsmokers to have a heart attack.

# Impaired Athletic Ability

- Reduced speed
- Reduced endurance
- More prone to injury
- Longer to heal

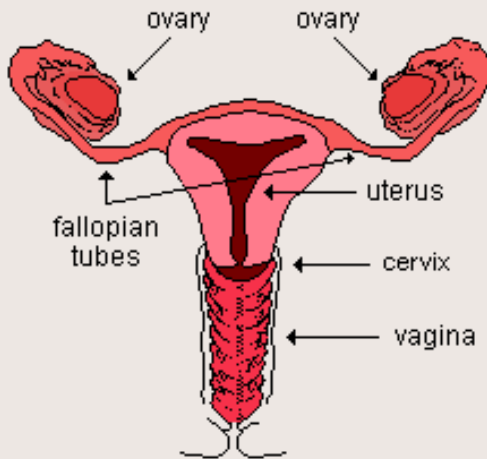
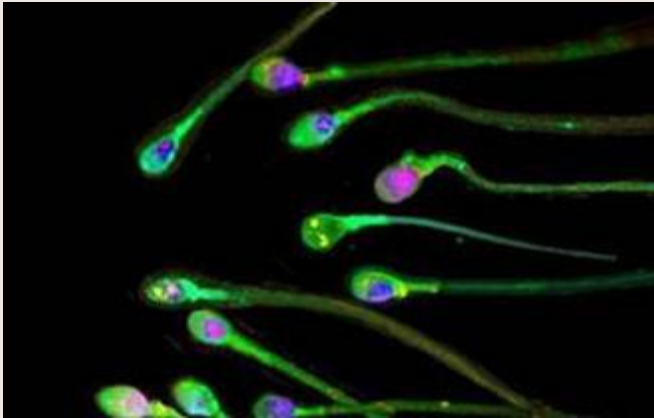




# Impotence

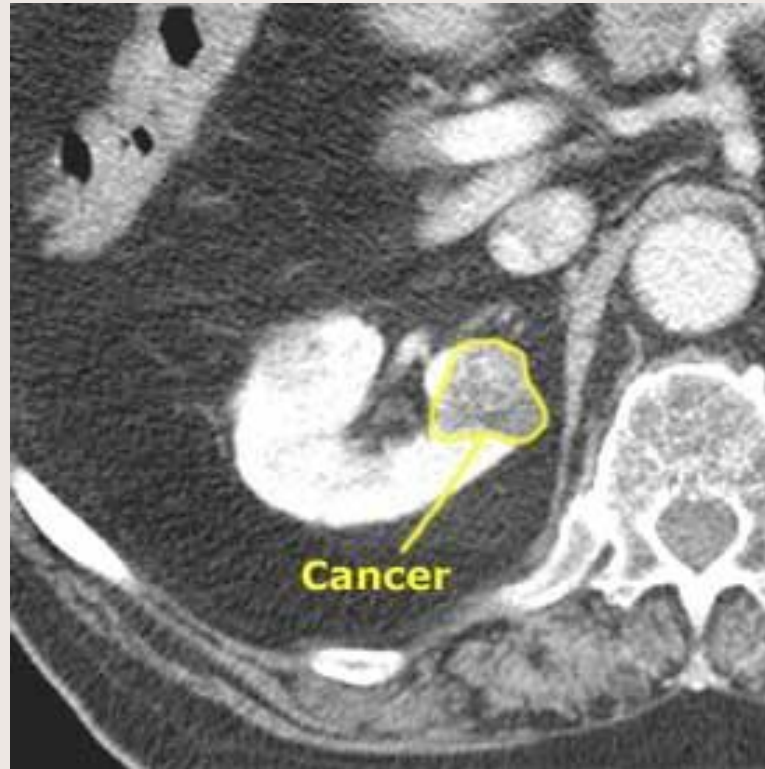


# Infertility



- Reduces density and speed of sperm
- Can damage the fallopian tubes
- Tends to cause early menopause

# Kidney Cancer



- Smoking doubles the risk of kidney cancer

# Laryngeal Cancer



- Depending on how much the person smokes, the risk for this type of cancer is up to 35 times higher for a smoker than a nonsmoker!

# Liver Cancer





# Lung Cancer

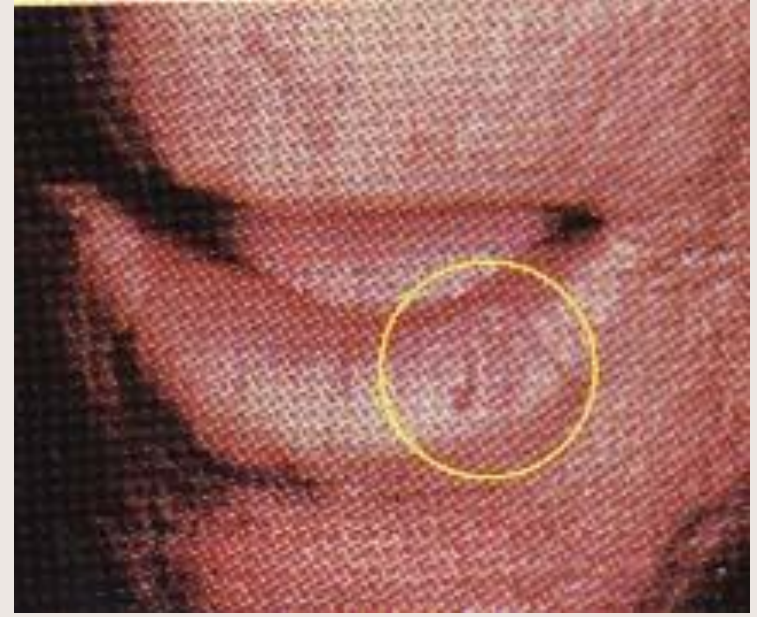


- Lung cancer kills more people than any other type of cancer.
- Smoking causes more than 80% of all cases of lung cancer.

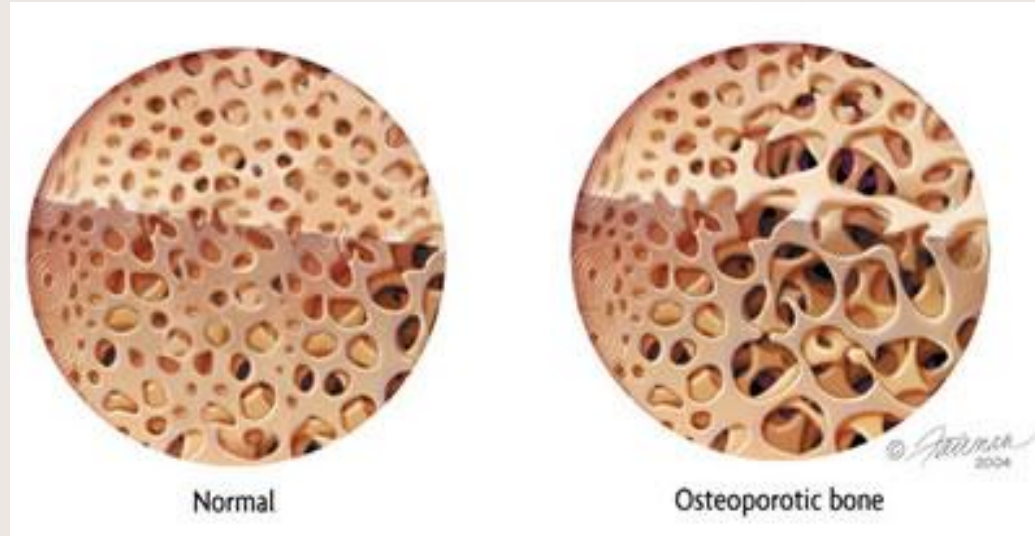
# Monetary Costs



# Oral Cancer



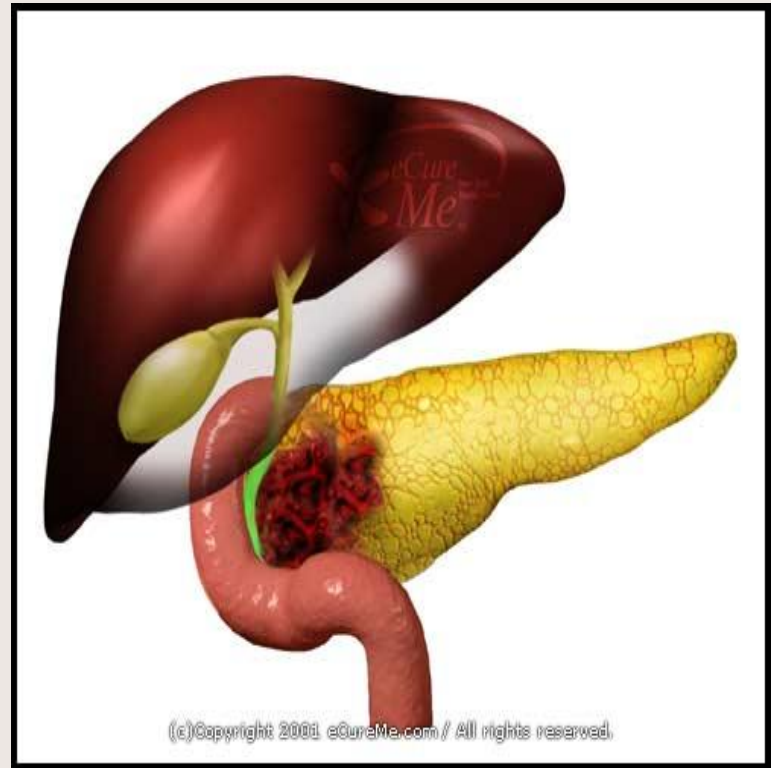
# Osteoporosis



- Smoking can cause the bones to lose mass more quickly
- Smoking also may interfere with calcium absorption

# Pancreatic Cancer

- Almost 1/3 of all cases of pancreatic cancer are linked to smoking.





# Peripheral Vascular Disease



- Gangrene

# Premature Aging



- Hair loss
- Premature gray hair
- Smokers are 4 times more likely to have excessive facial wrinkles at a younger age than nonsmokers.

# Premature Death

- Smoking is the leading cause of preventable death in America.
- Smoking shortens male smokers' lives by 13.2 years and female smokers' lives by 14.5 years.
- Both men and women who smoke are much more likely to die during middle age (between the ages of 35 and 69) than those who had never smoked.



# Reduced Lung Function

- More coughing
- More wheezing
- Slowed lung growth
- Excess phlegm
- Shortness of breath



# Rheumatoid Arthritis



- Smokers are twice as likely to develop rheumatoid arthritis as nonsmokers.

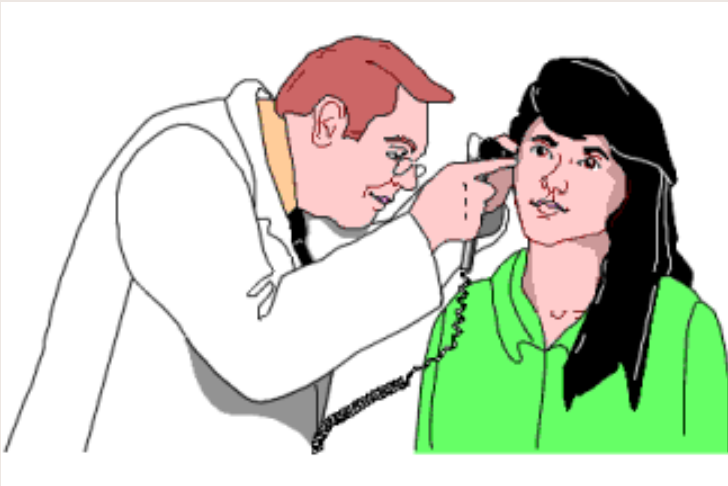


# Secondhand Smoke



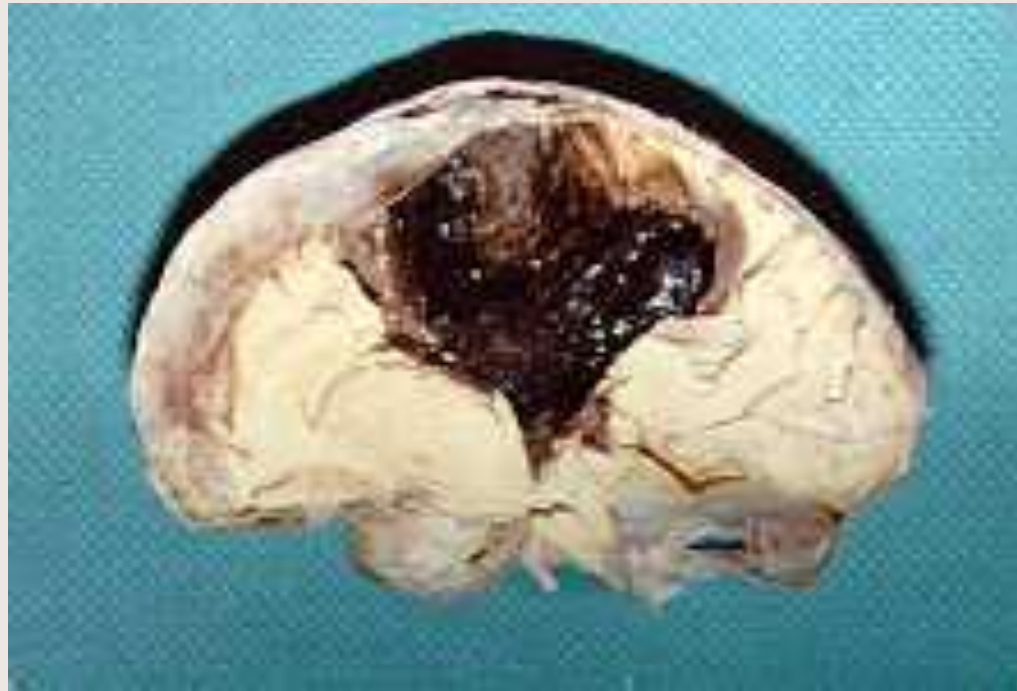
- Eye irritation
- Sore throats
- Headaches
- Nausea
- Dizziness
- Cardiovascular disease
- Lung cancer

# Sensory Impairment



- Smokers experience hearing loss twice as often as nonsmokers.
- Impairs taste and smell.

# Stroke



# Suppressed Immune System

- Smokers tend to get sick more often than nonsmokers.
- A smoker takes longer to heal than a nonsmoker's.



# Vision Impairment



- Cataracts and macular degeneration are more common in smokers than nonsmokers



# Yellowed Teeth and Nails

