TOBACCO INDUSTRY’S
Poster Child

EIGHTY-FIVE PER CENT OF SMOKERS START BEFORE THEIR 16TH BIRTHDAY.
DON’T BECOME A TOBACCO INDUSTRY POSTER CHILD.

ADDITION
Nicotine in cigarettes is a powerful drug that can be an addiction as harmful and alters how your brain works.

WRINKLES
Smoking decreases blood flow to the skin. This leads to thinner/thicker skin and increased wrinkling.

CATARACTS
The more you smoke, the greater your chance of cataracts — an eye problem that can cause blindness. Even former smokers have a 50 per cent higher risk of developing cataracts.

MOUTH CANCERS
Smoking is the single biggest risk factor for mouth cancers. Smoking makes it harder for your saliva to remove germs in your mouth. You’ll feel sore, bad breath, and a brighter chance of open ulcers — even if you’re young.

SKIN DAMAGE
Skin from tobacco smoke turns your fingernails yellow and stains your fingernail beds.

THROAT CANCER
Four out of every five cases of cancer of the oropharynx (the back of the throat) in smokers involves cancerous lesions on your mucous membranes.

PSORIASIS
Smokers are twice as likely as non-smokers to develop psoriasis — a scaling red and itchy rash that can scar areas covered by your skin.

HEART DISEASE
Smoking is a major cause of heart attacks, 82% in men, 35% in women. Without even smoking a cigarette, your heart begins to break faster. Poorly blood vessels clog, raise your blood pressure and tax your heart to work harder.

LUNG DISEASE
If you smoke, you’re at least 25 times more likely to die of lung cancer. But you believe that, you’ll get your lung capacity decreased. You may develop chronic coughs, 70% of these stop you, multithinkers — when 85 per cent of all cases are caused by smoking.

STOMACH ULCERS
Smokers are more prone to gastric ulcers. They don’t heal as fast as non-smokers, and they’re more likely to recur. There’s also growing evidence that smoking may increase the risk of chronic stomach disease.

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