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
Addiction to cigarettes is a powerful drug that can be as addictive as heroin and other how brain cells work.

WRINKLES
Smoking decreases blood flow to the skin. This leads to thinner-looking skin and increased wrinkling.

CATARACTS
The more you smoke, the greater your chance of cataracts — eye problems that can cause blindness. Even former smokers have a 50% greater risk of developing a cataract.

MOUTH CANCERS
Smoking is the main reason people get cancer in their tongues and mouths. Smoking makes it harder for your saliva to remove germs in your mouth. That’s germs cause mouth, and a greater chance of jaw disease — even if you’re young.

SKIN DAMAGE
Tar from tobacco smoke turns your finger yellow and causes fragility.

THROAT CANCER
One out of every four cases of cancer of the larynx (the voice box) is due to smoking. A smoker never has cancer causing inflammation or your nose met area.

PSORIASIS
Smokers are twice as likely as non-smokers to develop psoriasis — a thickening and red and scaly rash that can occur anywhere on your body.

HEART DISEASE
Smoking is a major cause of heart disease. It’s one of the number one killer. When one min of your heart fails to pump enough, your blood vessels clump together, reducing blood flow through the heart and hard arteries.

LUNG DISEASE
If you smoke, you’re more at risk of lung cancer. But long before that, you’ll feel your lung capacity decreased. You may develop cough and, if that doesn’t stop you, emphysema — where 10% of airways are completely blocked.

STOMACH ULCERS
Smokers are more prone to peptic ulcers. They don’t hurt as fast as smokers, and they’re more likely to occur. There’s also growing evidence that smoking may increase the risk of death from disease.

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