

# POWER POINT PRESENTATION

YAMIN NISSAM  
VII B

# Harms of smoking on the respiratory system

- Carbon monoxide from the smoke is taken into your blood instead of oxygen. Your cells get less oxygen for respiration as a result, so you are more likely to get breathless when you exercise.
- This is particularly damaging during pregnancy because a developing baby can be starved of oxygen.

- The cilia in your trachea and bronchi are anaesthetised so they no longer move mucus and pathogens away from your lung so you are more likely to get infections of the breathing system.
- Long term you may also develop a 'smoker's cough' as your body tries to get rid of the mucus which builds up in the lungs.

# Longer term effect

- Cigarette smoke is acidic and contains many different chemicals. As a result it can cause irritation of the lining of the bronchi and bronchioles.
- The lining becomes inflamed and swollen and may also become infected. Each time you smoke another cigarette it adds to the irritation. This can last for months and even years, causing shortness of breath, coughing and chest pain. This is known as CHRONIC BRONCHITIS .

Tobacco smoke contains tar, a black, sticky substance as well as many other chemicals. This coats the lining of the alveoli and greatly increases the risk of EPHYSEMA

- . The structure of the alveoli breaks down so that there are fewer, larger air sacs.

This reduces the surface area available for gaseous exchange and makes sufferers breathless.

They may need oxygen and it can be a cause of death.