



DETAILED REPORT

Unveil Your Health
Story!

LIGHT SMOKER I HEALTH



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AGE: BELOW 30

Perceptions of Overall Health and Lifestyle

WHAT IS THIS INDICATOR ?

This indicator evaluates how smoking affects your perception of general health and lifestyle.

 Most young smokers believe they're invincible. Their lungs, however, didn't get the memo.

IMPACT ON YOUR HEALTH

- Your lungs are already irritated, making you more prone to infections. Over time, this worsens.
- Oxygen supply to muscles is reduced, making even minor exertion tiring.
- By your 30s, light smoking may contribute to a gradual buildup of plaque in your arteries (atherosclerosis).
- Your lungs may never reach full capacity, increasing your risk of COPD.
- Long-term issues such as premature aging, weakened bones, and reduced immune function.
- Nicotine dependence builds faster than you realize, making it harder to quit.
- Smoking affects insulin resistance, increasing your chances of metabolic issues.



RESEARCH AND FACTS

- 1 Your bones are weaker putting you at a higher risk of fractures.
- 2 Your risk of heart disease is nearly as bad as heavy smokers.
- 3 If you keep smoking, you are twice as likely to need limb amputation due to Buerger's disease,
- 4 About 30% of youth smokers continue smoking into adulthood and die early from smoking-related illnesses. Smoking even a few cigarettes can stunt lung development, leading to complications like COPD later in life.
- 5 87% of adults who smoked daily started before age 18. Even light smoking at a young age

SERIOUS HEALTH ISSUES TO YOU

- Lung cancer causes 1 in 3 cancer deaths in men and 1 in 4 in women in the U.S.
- Light smoking increases your risk of cancers in the esophagus, stomach, and pancreas.
- Increased risk of physical disabilities from musculoskeletal injuries.
- You might feel fine now, but the damage is already happening.

Physical Activity and Fitness

WHAT IS THIS INDICATOR ?

This phase of life (Under 30) is typically marked by peak physical capacity, but smoking can severely impair these abilities. The connection between smoking and fitness is stark and that's what this indicator will explain.

 Cigarettes may give you a temporary boost, but they also make sure you can't outrun your Uber when it cancels two blocks away.

REDUCED PERFORMANCE



The smoke you directly inhale contains 8% tar and 92% toxic gases.

- Each cigarette you smoke reduces your blood's ability to carry oxygen due to carbon monoxide binding with hemoglobin.
- Even if you feel fine now, early signs—mild fatigue, reduced stamina, and occasional breathlessness
- Research shows even light smokers experience indigestion (dyspepsia) nearly three times more often than nonsmokers.
- Contains over 10^{17} free radicals per gram, which can damage your cells for months.
- Your arteries are losing flexibility because smoking reduces nitric oxide (NO)—a key molecule that keeps them open and healthy.
- Without NO, your blood vessels can't dilate properly, making heart disease more likely.
- You might not see yourself as a "real smoker," delaying efforts to quit.
- College students are more likely to be very light smokers but also experiment with hookah, cigars, and vapes.

 For early heavy smokers, 'cardio' becomes less about exercise and more about walking to the store to buy another pack

Your bones heal much slower than a nonsmoker's, increasing pain and risk of complications.



YOUR FITNESS AND HEALTH

- Your white blood cell count rises by 20–25%, but this isn't good—it means your immune system is on high alert, attacking your own arteries.
- LDL (bad cholesterol) increases, leading to more plaque buildup in your arteries.
- Your platelets are clumping together, increasing the chances of a blood clot forming.
- Even brief exposure to smoke can cause vasospasms, sudden tightening of arteries that can trigger a heart attack.
- You can't know your genetic risk without testing, but smoking worsens whatever risk you already have.
- It may seem like bone activity is stimulated, but this effect is short-lived.
- If you ever break a bone, expect it to take almost twice as long to heal.



of smoking:
Heart rate starts increasing
1 MIN

of smoking:
Heart rate rises upto 30%
10 MIN

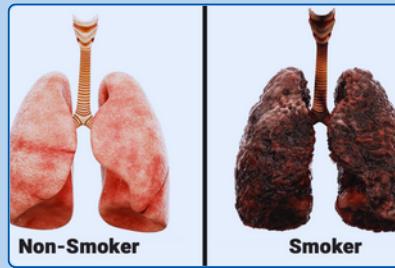
Respiratory and Sensory Health

WHAT IS THIS INDICATOR ?

Your lungs and senses play a vital role in how you experience and navigate the world. Smoking, especially for young and heavy smokers, undermines these functions in ways that might not be immediately obvious but are undeniably damaging.

 That persistent smoker's cough? It's your body's way of saying, 'Enough already!' in the most dramatic way possible.

RESPIRATORY SYSTEM



DAMAGE IS IRREVERSIBLE

- Occasional throat irritation or a hoarse voice? That's because smoking inflames your windpipe (trachea) and voice box (larynx).
- Coughing more in the mornings? That's your lungs trying to clear out harmful substances from cigarettes.
- Long-term exposure leads to scarring and reduced lung capacity—damage that can't be reversed.
- Even light exposure increases lung cancer risk—your lungs start changing at the cellular level right now.
- Feeling tired without reason? Oxygen delivery in your body is already compromised.
- The toxins from cigarettes promote abnormal cell growth in your lungs. While symptoms may not appear for years.
- The chemicals in cigarette smoke damage your lungs' protective lining, making it easier for bacteria and viruses to infect you.
- You may start feeling a slight tightness in your chest, even if it's not painful yet.
- Reduced taste sensitivity can lead to craving less nutritious foods, affecting your overall diet quality.
- If you feel the urge to smoke soon after waking up, your body is getting hooked.
- You may experience more wheezing, difficulty breathing, or frequent flare-ups.
- Your brain and muscles work slower, making you feel foggy, less focused, or sluggish.
- Smoking triggers enzymes that break down lung tissue. This leads to emphysema, where your lungs lose elasticity.
- Smoking increases IL-8: This type of inflammation can make breathing harder and even reduce the effectiveness of inhalers if you have asthma.
- You may catch colds more often and take longer to recover.

Smoking-Related Health Impacts

WHAT IS THIS INDICATOR ?

This indicator highlights the harmful impacts of smoking, explaining its connection to doctors' warnings about early health risks. It also explores how smoking affects sleep quality, leading to long-term health complications.



If you smoke 10+ cigarettes daily, you expose your lungs, blood, and organs to 7,000+ toxic chemicals.



WHY YOU HEAR OFTEN

- Early lung damage, airway inflammation, and heart strain can be found in checkups—long before symptoms appear.
- Skipping doctor visits means missing early warnings of lung/throat cancer and irreversible damage.
- The longer you smoke, the more likely you'll need treatment for respiratory infections, lung issues, or even cancer.
- Smoking while your body is still developing causes stunted lung growth and weakened respiratory efficiency.
- The younger you start, the harder it is to quit, and the more damage builds up over time

HEALTH PROBLEMS

Coronary artery disease	Increase 2.7 times
Aortic aneurysms	Increase 2.3 times
Lung cancer	Increase 2.8 times
Esophageal cancer	Increase 4.3 times
Stomach cancer	Increase 2.4 times
Pancreatic cancer	Increase 1.8 times
Cataracts	Increase 1.7 times

RELATIVE RISK FOR LIGHT SMOKERS

- Nicotine tricks your body into staying awake longer than it should.
- You may not realize it, but smoking is disrupting your sleep schedule.
- You might wake up feeling restless or uncomfortable in the middle of the night.
- Your breathing may become shallower at night, leading to a restless, unrefreshing sleep.
- Smoking reduces REM sleep—the stage where you dream and your body repairs itself.
- Smoking before bed can delay sleep onset by 5 to 25 minutes, disrupting your natural sleep cycle.
- The more you smoke, the more your sleep suffers—creating an ongoing cycle of fatigue and nicotine dependence.
- This can lead to decreased performance in school, work, and social situations, as you might feel too tired to fully engage or focus.

In Australia, 39% of new medical cases were respiratory-related—most of them linked to smoking.

Oral Health Impacts

WHAT IS THIS INDICATOR ?



The Oral Health Indicator measures the direct impact of smoking on your teeth, gums, and mouth, highlighting issues like sensitivity, discoloration, gum disease, and increased risk of oral cancer.



Smoking causes mouth, throat, tongue, and jaw cancer. Quitting now reduces your risk of 12 types of cancer.

DAMAGE ALREADY HAPPENING



- If you notice bleeding while brushing**, it's a sign your gums aren't getting enough oxygen.
- Over time, this can lead to gum recession**, infections, and even tooth loss.
- Smoking thickens your saliva**, making it less effective at clearing bacteria.
- If plaque isn't removed**, it hardens into tartar (calculus), leading to gum inflammation and disease.
- You're at **higher risk for dry socket**, a painful condition where the exposed tooth socket throbs.
- If you ever need dental implants**, smoking makes it harder for them to fuse with your jawbone.
- You'll experience **tooth sensitivity**, making hot or cold foods painful to consume.
- Over time, your teeth become **yellow or stained**, affecting your smile and appearance.
- Your gums may start to recede**, exposing your teeth to more damage.

OVERALL PICTURE

- Losing teeth affects** chewing, speaking, and confidence in your smile.
- You might not notice gum disease, as **smoking reduces blood flow**
- The damage is happening **beneath the surface**
- If you drink alcohol**, your risk of gum disease and infections increases significantly.



Smokers v/s Non-Smokers

Reality Check

Smoker	Non Smoker
Your endurance drops by 10-15%, making workouts harder.	You perform better in sports and physical activities.
You are 3x more likely to drink alcohol, 8x more likely to use marijuana, and 22x more likely to try cocaine.	You maintain control over your health and lifestyle.
Your resting heart rate is higher, putting more strain on your heart.	Your resting heart rate stays normal (60-80 bpm).
Your recovery is 20-30% slower after exercise.	Your body heals faster and experiences less inflammation.
You are 2x more likely to get sprains, fractures, and ligament injuries.	Your connective tissues stay strong, reducing injury risk.
Persistent bad breath that doesn't go away with regular brushing.	Fresh breath without the need for constant mouthwash.

Do you want to struggle with breathlessness, fatigue, and chronic health issues, or enjoy a life full of energy, strength, and resilience? The Choice is yours!

AGE: 31 - 60

Perceptions of Overall Health and Lifestyle

WHAT IS THIS INDICATOR ?

This indicator evaluates how smoking affects your perception of general health and lifestyle.

 Smokers age faster—so while non-smokers are celebrating their youthful 40s, smokers are shopping for a senior discount at 45.

RESEARCH AND FACTS

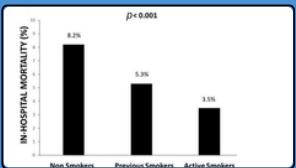
1 Smoking increases metalloproteinase (MMPs) production, an enzyme that breaks down collagen, causing sagging skin and loss of firmness.

2 Some studies suggest smokers have a higher risk of painful gallstones that can block digestion and cause infection.

3 Your skin is losing collagen and elastin, making it less firm and youthful.

4 Fine lines around your eyes (Crow's feet) and mouth are early signs of this damage.

5 Painful ulcers, gangrene, and Buerger's disease



IMPACT ON YOUR HEALTH

- Lung function declines by 15–20% over time, making daily activities like climbing stairs harder.
- Alveoli (tiny air sacs) do not regenerate—once destroyed, your oxygen intake is permanently reduced.
- Smoking leads to chronic obstructive pulmonary disease (COPD), which silently damages your lungs for years.
- Smoking reduces circulation, increasing the risk of numbness, pain, and blood clots.
- If you notice digestive issues or changes in bowel habits, smoking could be a contributing factor.
- Even light smoking reduces bone density, leading to a higher risk of fractures, especially in women.
- Early signs: Frequent heartburn, abdominal discomfort, and acid reflux.
- Smoking affects insulin function, increasing your risk of type 2 diabetes.
- Weakened ability to fight bacteria and clear dead cells, increasing infection risk.
- Studies show that smokers in their 40s have as many wrinkles as non-smokers in their 60s.



Physical Activity and Fitness

WHAT IS THIS INDICATOR ?

This phase of life (31 - 60) is typically marked by peak physical capacity, but smoking can severely impair these abilities. The connection between smoking and fitness is stark and that is what this indicator will explain.

 For a smoker, the biggest hurdle in physical activity isn't the workout—it's the air they're supposed to breathe.

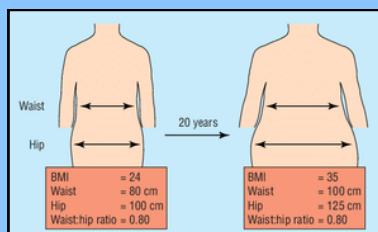
REDUCED PERFORMANCE



- Your blood vessels narrow, reducing oxygen supply to muscles and organs.
- You may notice getting out of breath quicker when climbing stairs or walking briskly.
- Multitasking or making split-second decisions may feel harder.
- Smokers experience double the memory decline compared to non-smokers.
- Climbing stairs, bending, or walking long distances requires more effort.
- Light smoking weakens your ability to maintain balance.
- This increases the risk of falls and injuries as you age.
- Your hands may feel strong, but stamina and balance are declining.
- Lung capacity is already 2–5% lower than non-smokers, even if you don't feel breathless yet.

of smoking:
Heart rate starts increasing
1 MIN

of smoking:
Heart rate rises upto 30%
10 MIN



YOUR FITNESS AND HEALTH



- Nicotine affects metabolism, increasing the likelihood of central obesity
- Smokers take up to 20% longer to recover from injuries,
- Light smoking reduces lung elasticity, making it harder to replace stale air with fresh oxygen.
- Slightly lower oxygen levels straining your heart, making you feel sluggish.
- Feeling winded after walking moderate distances.
- Occasional chest tightness or mild, persistent cough.
- It increases muscle breakdown and impairs protein synthesis, leading to gradual muscle loss.
- Fractures take an average of 27.7 days longer to heal in smokers.
- Complex fractures (e.g., open tibia fractures) can take 2.5x longer to heal.
- Over time, you might find it harder to resist risky behaviors or to make consistently sound judgments in high-stakes situations.
- You may experience lower motivation to exercise, leading to inactivity and weight gain.
- Nicotine suppresses appetite temporarily but disrupts metabolism, leading to weight fluctuations.
- 30–50% less physical activity than non-smokers.

IMPACT ON YOUR HEALTH



Respiratory and Sensory Health

WHAT IS THIS INDICATOR ?

Your lungs and senses play a vital role in how you experience and navigate the world. Smoking, undermines these functions in ways that might not be immediately obvious but are undeniably damaging.

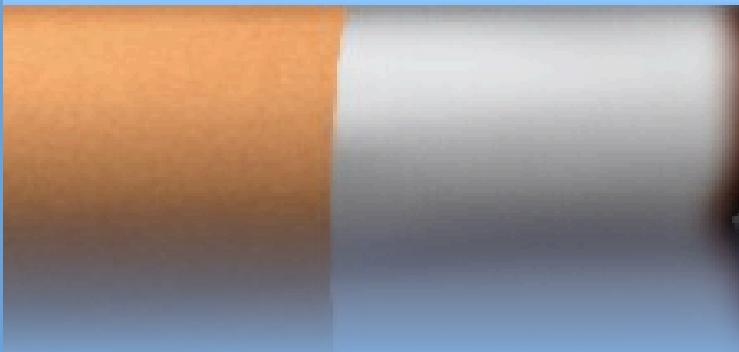


That persistent smoker's cough? It's your body's way of saying, 'Enough already!' in the most dramatic way possible.

RESPIRATORY SYSTEM



- Your lung's natural defenses are disrupted, leading to mild wheezing, occasional breathlessness, or **throat irritation**.
- Even light smoking exposes you to **carcinogens**, increasing **your risk**. A mild, lingering cough or occasional chest discomfort could be early warning signs.
- **Reduced blood flow to your inner ear** can gradually impair hearing, often going unnoticed until it worsens.
- A mild, persistent cough or **occasional wheezing** after exertion could indicate airway irritation.
- This leads to slightly lower oxygen levels, causing **mild dizziness or fatigue after mild exertion**.
- **Light smoking harms your arteries**, increasing the risk of stroke due to reduced blood supply to the brain.
- **CO binds to hemoglobin 200-300 times** more readily than oxygen.
- Even a single cigarette forces your heart and organs to function under stress.



SILENT KILLER



- **Dulled senses:** Chemicals in cigarettes damage nerve endings, making food taste bland and odors harder to recognize.
- **Altered taste buds:** Smoking reduces blood flow and changes their structure, impacting your ability to enjoy flavors.
- **Olfactory tissue damage:** Smoking weakens your sense of smell, affecting your overall sensory experience.
- **Hoarseness & irritation:** Your vocal cords dry out and become irritated.
- **Raspy voice:** Especially after prolonged talking or smoking.

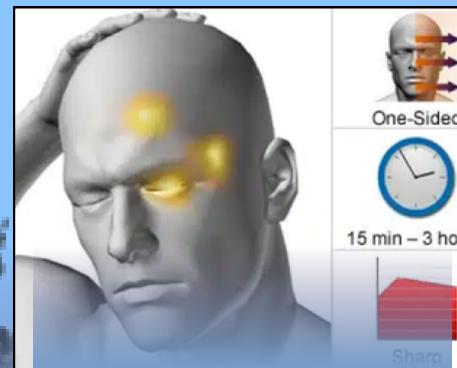


- **Dull complexion:** Reduced oxygen flow makes your skin look tired and aged.
- **Slower wound healing:** Small cuts take longer to heal, and scars may be more pronounced.

HEART & OXYGEN



- If you experience sharp, recurring headaches, light smoking could be a contributing factor.
- Smoking reduces brain oxygen supply, worsening **headache severity and frequency**.
- Higher susceptibility to:
 - **Bronchitis & Pneumonia:** More severe and harder to recover from.
 - **Flu:** Increased risk of severe symptoms.
 - **Tuberculosis (TB):** Higher risk, especially in TB-prone areas.
- Smoking irritates and **damages the protective lining of your airways**, making it easier for pathogens to invade.
- **Pneumonia:** Your risk is 2.4 times higher than a non-smoker.
- **Other Acute Lower Respiratory Tract Infections (OA-LRTI):** You are twice as likely to develop these conditions.
- **Influenza:** Your chances of getting the flu are 1.82 times greater.
- **A 12-year study of over 340,000 people** confirmed that even light smokers face a significantly higher risk of pneumonia, OA-LRTI, and influenza.



SMOKE'S HIDDEN DAMAGE



- **Hearing loss:** Toxins reduce blood flow to the inner ear, increasing the risk of hearing impairment and tinnitus.
- **Vision impairment:** Higher chances of cataracts and age-related macular degeneration (AMD).
- **Silent harm:** The damage may not be obvious now, but breathing issues can develop later in life.
- **Higher COPD risk:** Light smoking increases your chances of developing Chronic Obstructive Pulmonary Disease (COPD).
- **Worsened asthma:** If you have asthma, smoking makes symptoms worse and increases flare-ups.
- You may notice difficulty in simple tasks like **opening jars or carrying bags**.
- These signs could indicate **early inflammation** or potential nerve damage.



Forget the smoke detector; your hair and clothes are already sending out the signal.

Up to $\frac{1}{3}$ of deaths in current smokers can be attributed to smoking and current smokers are estimated to die an average of 10 years earlier than non-smokers.

Smoking-Related Health Impacts

Indicator 3

WHAT IS THIS INDICATOR ?

This indicator highlights the harmful impacts of smoking, explaining its connection to doctors' warnings about early health risks. It also explores how smoking affects sleep quality, leading to long-term health complications.



Smokers are 30% more likely to visit a doctor for respiratory complaints than non-smokers of the same age.

DOCTORS' WARNINGS

- Doctors detect early signs of damage you may not notice yet—like lung inflammation and cardiovascular strain.
- Your "light smoking" still exposes you to nicotine, carbon monoxide, and tar, which accumulate over time.
- By the time you feel symptoms, the damage may already be significant.
- Light smoking still lowers lung capacity and increases airway inflammation.
- Smokers are 30% more likely to visit a doctor for respiratory issues than non-smokers of the same age.
- Smoking more than 20 cigarettes daily increases your risk of lung function warnings by 15 times.
- Medical tests, such as lung function assessments and blood work, reveal respiratory and cardiovascular strain before you even feel it.
- Plaque buildup begins earlier than you think, leading to blocked arteries and circulation issues.

SMOKING & SLEEP



- Nicotine increases your heart rate and stimulates your nervous system, making it harder for you to relax and fall asleep.
- You may wake up occasionally as nicotine levels drop in your bloodstream, causing subtle withdrawal effects that prevent deep, restorative sleep.
- Even a few cigarettes can keep your mind overly alert when your body is trying to prepare for rest, disrupting natural sleep patterns.
- Disrupted sleep adds up over time, leading to noticeable declines in energy, focus, and mood throughout the day.
- Poor sleep makes you feel tired during the day, increasing your reliance on cigarettes as a quick energy boost.
- You may wake up with a subtle urge to smoke, breaking your sleep cycle.
- You may take longer to fall asleep.
- Smoking increases the chances of insomnia or mild sleep apnea.
- Studies show that smokers with poor sleep are more likely to relapse within six weeks of quitting.
- 32% of individuals with high craving scores relapse within one week of quitting.
- Withdrawal symptoms are closely linked to poor sleep, making it harder to stay smoke-free.

Oral Health Impacts

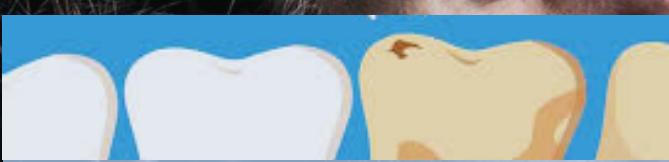
Indicator 4

WHAT IS THIS INDICATOR ?

The Oral Health Indicator measures the direct impact of smoking on your teeth, gums, and mouth, highlighting issues like sensitivity, discoloration, gum disease, and increased risk of oral cancer.



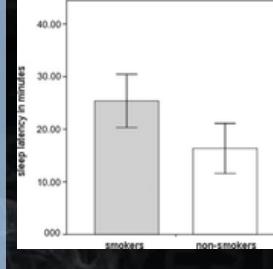
If you smoke 10+ cigarettes daily, you expose your lungs, blood, and organs to 7,000+ toxic chemicals.



WHY YOU HEAR OFTEN

- Smoking reduces oxygen and nutrients to your gums, making them weak and prone to disease.
- Over time, this leads to inflammation, swelling, and gum recession.
- Smoking thickens your saliva, making it harder for your mouth to wash away bacteria.
- Smoking dries out your mouth, creating the perfect environment for bacteria to thrive.
- Increasing the risk of cancers in your lips, throat, and gums.
- You may notice dark patches on your gums, especially along the upper and lower front teeth.

OVERALL PICTURE



- Your gums may bleed more when brushing or flossing—an early sign of gum disease worsened by smoking
- Bad breath lingers due to bacteria buildup from smoking.
- Your mouth struggles to heal from minor irritations
- Smoking weakens your gums, making tooth loss more likely.
- Disease: Smoking makes you more prone to gum inflammation, swelling, and tenderness
- Over 50% of advanced gum disease cases are linked to tobacco use.
- Heat from smoking inflames the minor salivary glands, causing white patches with red spots on the roof of your mouth.
- If you use smokeless tobacco, your mouth tissue may appear wrinkled or whitish.
- The papillae on your tongue may trap tobacco pigments, causing a dark, hairy appearance
- The bone supporting your teeth can weaken, causing your teeth to loosen or fall out.
- You are 7 to 10 times more likely to develop cancer in your mouth, throat, or lips.
- Smoking raises the chances of developing a second primary cancer by three times.

Smokers v/s Non-Smokers

Reality Check

Smoker	Non Smoker
Higher heart rate, arterial stiffness, increased risk of hypertension and heart disease.	Maintain normal blood pressure and healthy arteries, reducing cardiovascular disease risk.
20-30% higher risk of colorectal cancer due to increased inflammation.	Lower risk of colorectal cancer with a healthier gut microbiome.
Poor circulation leads to cold hands/feet, slow wound healing, and higher PAD risk.	Better circulation ensures warm extremities and faster healing from injuries.
Reduced bone density, higher fracture risk, especially with age.	Stronger bones, lower risk of fractures and osteoporosis.
30-40% higher risk of diabetes due to nicotine-induced insulin resistance.	Better insulin sensitivity, lower risk of type 2 diabetes.
Faster skin aging, wrinkles, dryness, and sagging due to reduced collagen.	Younger-looking skin with better elasticity and hydration.
Higher likelihood of storing fat around the abdomen, leading to health risks.	Healthier fat distribution with a lower risk of central obesity.
Bad breath, gum disease, stained teeth, and frequent mouth sores.	Fresher breath, healthier gums, and whiter teeth.
When you visit your doctor, they'll often mention smoking as a key factor in whatever issue you're facing. You may be prescribed medications for chronic conditions like high blood pressure, asthma, or even a respiratory infection, but these treatments might be less effective because smoking interferes with your body's healing process.	Non-smokers are less likely to have these issues and thus, need fewer medications. Their recovery time from illnesses is typically faster because their immune system is in better shape.
Your heart rate increases disproportionately, making physical exertion feel much harder.	Have efficient blood flow and stronger heart function, allowing them to sustain cardio activities like jogging or cycling for longer without feeling winded.

Do you want to battle joint pain, low energy, and creeping health concerns, or embrace vitality, strength, and the freedom to enjoy life with your family? The choice is yours!

AGE: 60+

Perceptions of Overall Health and Lifestyle

Indicator 1

WHAT IS THIS INDICATOR ?

This indicator evaluates how smoking affects your perception of general health and lifestyle.



Smokers may not be sprinting to the finish line, but they're certainly rushing to catch their breath.

RESEARCH AND FACTS

1

1.69 billion pounds of cigarette butts end up as toxic litter annually, making cigarettes the most littered item on Earth.

3

After 5 years of quitting, stroke risk drops close to that of a non-smoker.

5

smoking also acutely increases coronary blood flow by up to 40%

2

Contains over 10^{17} free radicals per gram, damaging blood vessels and increasing cardiovascular risk.

4

Heavy smoking raises your lung cancer risk by 20 times compared to nonsmokers.



For a smoker, the biggest hurdle in physical activity isn't the workout—it's the air they're supposed to breathe.

DAMAGE DONE ALREADY



- Your arteries may be narrowing, reducing blood flow to your legs and feet. This can cause discomfort, slow-healing wounds, and mobility issues.
- These visible veins could signal deeper circulation issues, increasing the risk of **Deep Vein Thrombosis (DVT)**, which can be fatal if a clot moves to your lungs.
- **Insulin resistance** is silently increasing your risk of diabetes and heart disease.



- **Higher IgE antibodies**, increasing your risk of allergies and asthma.
- Your lungs are less capable of fighting bacteria like *Legionella pneumophila*.
- You are 30–40% more likely to break your hip than non-smokers.

- **Rotator cuff tears** (shoulder injuries) are twice as large in smokers—making recovery longer and harder.
- **1.5x higher risk** of bursitis, tendinitis, and chronic back pain.
- Nicotine raises blood sugar levels, making diabetes harder to control.
- Your risk of developing **Type 2 Diabetes (T2DM)** is 1.29 times higher than non-smokers.
- Even if you quit, **your risk remains 1.23 times higher** than non-smoker.
- Your skin is deprived of oxygen, making it **ashen and lifeless**.
- You have a higher chance of **developing squamous cell carcinoma**; even small, unnoticed moles or lesions could already be cancerous.

IMPACT ON YOUR HEALTH



- Even light smoking stiffens your arteries, increasing blood pressure and disrupting heart rhythms. That mild chest discomfort or fatigue? It could be an early sign of heart trouble.
- Smoking raises the chances of **blood clots** and artery blockages in your brain, increasing the risk of strokes that can permanently affect mobility and speech.
- Each cigarette spikes your heart rate and blood pressure, slowly damaging your arteries and impairing cholesterol balance.
- Years of light smoking elevate your risk of an **aortic aneurysm**—a potentially fatal condition where the main artery weakens and expands.
- Light smoking still **damages lung tissue**, limiting your ability to take deep breaths.
- Aging reduces chest cavity size; smoking worsens this by further restricting lung expansion, making breathing less efficient.
- Your respiratory muscles, including the **diaphragm**, naturally weaken with age. Smoking compounds this.
- As you age, you lose muscle mass naturally. Smoking increases inflammation, slowing muscle repair and reducing oxygen supply to muscles.



REGRET'S LAST BREATH



Ugh, this cough... it's been with me for months. Just climbing these few steps winded me completely.

I know the feeling. I get short of breath just sitting here. Remember when we used to play cricket in this park?

Those days are long gone. I can barely walk to the corner store now.

My legs have been bothering me too. Painful sores, especially on my feet.

let's just say things aren't working as well as they used to.

It's all this smoking, isn't it? We both know it. Decades of it. I remember when it was so glamorous...

Glamorous? Look at us now. Coughing, wheezing, barely able to move. My grandkids visit, and I can't even play with them. It's not glamorous at all. It's... robbing us of our lives, even these later years.

Physical Activity and Fitness

Indicator 2

WHAT IS THIS INDICATOR ?

Physical activity and fitness are critical indicators of overall health and well-being. They reflect your ability to engage in daily activities, maintain energy levels, and reduce your risk of chronic illnesses.



For a smoker, the biggest hurdle in physical activity isn't the workout—it's the air they're supposed to breathe.

REDUCED PERFORMANCE

- **Light smoking still strains** your heart, even if symptoms aren't immediate.
- **You may feel more fatigued or experience** slight discomfort after exertion.
 - **Non-smokers:** 11.4 per 1,000 person-years
 - **Light smokers:** elevated risk, meaning every cigarette still adds strain.
- At 60+, arteries lose flexibility, making blood circulation harder.
- **Smoking lowers life expectancy:**
 - By **3.9 years** if you have diabetes.
 - By **2.4 years** if you're physically inactive.
 - By **1.6 years** if you have hypertension.
- **Your ability to exhale forcefully** is reduced, meaning your lungs work harder to move air in and out.

- Your ribcage stiffens with age, restricting your lungs' ability to expand.
- Your lungs retain more stale air, leaving less room for fresh, oxygen-rich air.



of smoking:
Heart rate starts increasing



of smoking:
Heart rate rises upto 30%

YOUR FITNESS AND HEALTH

You may feel

- Occasional forgetfulness, slower thinking, or difficulty focusing.
- Stiff joints, prolonged soreness, or slower recovery from minor aches

- **Sarcopenia (age-related muscle loss)** is worsened by smoking, even at low levels.

You may notice

- fat accumulation around your abdomen
- reduced muscle tone and strength due to hormonal imbalances.

- **Smoking reduces collagen production**, which is crucial for tissue repair.

Respiratory and Sensory Health

Indicator 3

WHAT IS THIS INDICATOR ?

Your lungs and senses play a vital role in how you experience and navigate the world. Smoking, undermines these functions in ways that might not be immediately obvious but are undeniably damaging.



That persistent smoker's cough? It's your body's way of saying, 'Enough already!' in the most dramatic way possible.

RESPIRATORY SYSTEM

- **Frequent coughing**, whether dry or wet, is now part of your routine.
- **Postnasal Drip:** Constant mucus dripping in your throat triggers coughing.
- Lingering coughs after **colds or flu** may signal bacterial infections.
- **Asthma:** A persistent cough, especially in cold weather or around strong smells, may indicate "cough variant asthma."
- **Acid Reflux (GERD):** Heartburn or a sour taste could mean stomach acid is irritating your throat.
- **Chronic Bronchitis:** Your airways are inflamed from years of smoking, producing persistent mucus.
- **Vocal cords** become overly sensitive due to past irritants, making you cough easily.
- **COPD is irreversible**, and once diagnosed, it will progressively limit your ability to breathe.

Smoking reduces **FEV1 (Forced Expiratory Volume in 1 second)**. CO binds to your red blood cells, forming carboxyhemoglobin (COHb), which prevents proper oxygen delivery to your body.

Your body needs **2,3-diphosphoglycerate (DPG)** and ATP to efficiently release oxygen from red blood cells. Your leg muscles, especially the **quadriceps**, are **weakening** due to lower oxygen supply, making walking or climbing stairs harder over time. Research shows that light smokers aged 66-75 have a **worse frailty score** than non-smokers. CH is one of the most severe pain conditions, with **attacks lasting 15 minutes to 3 hours**. You may feel pain around your eyes, temple, or forehead, often with tearing, nasal congestion, or agitation.

Nicotine disrupts your **hypothalamus**, the part of your brain that regulates your body clock. Even as a light smoker, your treatments may not work as well as they do for non-smokers.

Up to **83.7%** of **CH patients** are smokers, and even second-hand smoke in childhood increases your risk. **light smokers still have double the risk** of pneumonia compared to non-smokers. You may not feel alarmed now, but your symptoms will worsen over time.

Smoking-Related Health Impacts

WHAT IS THIS INDICATOR ?

This indicator highlights the harmful impacts of smoking, explaining its connection to doctors' warnings about early health risks. It also explores how smoking affects sleep quality, leading to long-term health complications.

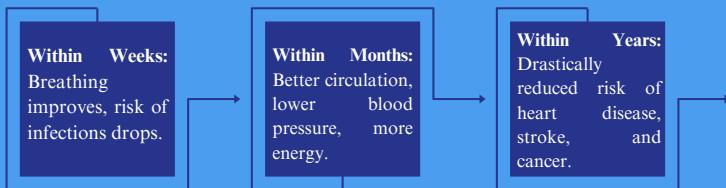


Smokers are 30% more likely to visit a doctor for respiratory complaints than non-smokers of the same age.

DOCTORS' WARNINGS

- Your doctor's advice isn't just general guidance**—it's a specific warning tailored to your health.
- For women**, smoking increases the risk of cognitive decline and cardiovascular diseases.

It's Never Too Late to Quit



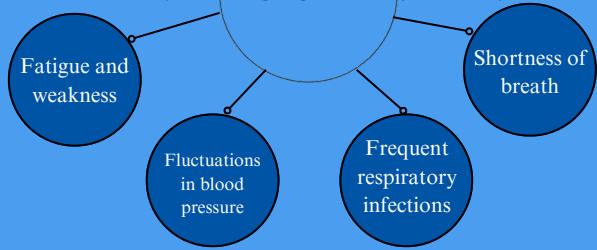
- Even if you don't feel the full effects now**, your body is already showing signs:
 - Slightly reduced lung capacity
 - Mild fatigue
 - Changes in blood pressure
- These are not just minor inconveniences** but early warnings of more severe health issues.

SLEEPING HABITS

- At this stage in life**, quality sleep is essential for maintaining an active, fulfilling lifestyle.
- 41.3% of people** may have hidden (occult) hypertension due to smoking without realizing it.
- At your age, **managing blood pressure is critical**—untreated **hypertension** is a leading cause of premature death and cardiovascular disease.
- If you already have hypertension or are at risk, even light smoking worsens **your cardiovascular strain**.
- If you have hypertension, your risk of **poor sleep quality** is **52.8%**, which is higher than previous studies suggested.
- Recommended sleep duration for people 65+ is 7–8 hours per night.
- Exposure to SHS reduces sleep time and efficiency**, making you feel tired, irritable, and unfocused.
- Even with light smoking and SHS exposure, you may experience:
 - Decreased sleep efficiency.
 - Difficulty staying asleep.
 - Altered biological rhythms.
- Studies show urinary cotinine levels** (a marker of tobacco exposure) correlate with poor sleep quality, proving even minimal smoke exposure affects sleep.
- SHS exposure increases your risk of **sleep deprivation by 1.77 times**.
- Nicotine creates a **false sense of relaxation** but actually stimulates your nervous system

YOUR DOCTOR SEES IT

Early warning signs from your body



- For men**, smoking significantly raises mortality risks from various causes.
- Your doctor's advice** is not just about quitting—it's about safeguarding your overall health.
- The longer you smoke, the higher the risk** of needing medical equipment or caregivers for daily life.

SMOKING & SLEEP

- Nicotine disrupts deep, restorative sleep**, leaving you fatigued and low on energy during the day.
- Even if you fall asleep, **nicotine prevents deep sleep** (REM stage), which is crucial for memory and emotional well-being.
- The Consequences of Poor Sleep**
 - Mental Health:** Sleep deprivation can worsen stress, anxiety, and sadness.
 - Physical Pain:** Poor sleep increases sensitivity to chronic pain.

THE HIDDEN DANGERS

Poor sleep increases stress and can push you to smoke more



You may wake up feeling groggy, mentally foggy, or exhausted



Smoking increases the risk of sleep apnea



Lack of sleep plus smoking reduces your ability to fight infections.



Constant exhaustion affects your relationships, and mobility



 For smokers, nicotine is like a bad bedtime story—it overstimulates the brain and leaves you wondering why you're still awake at 3 AM.

As you sleep, your body naturally rests and repairs itself, but **nicotine withdrawal interrupts this process**. Smoking heightens inflammation, increasing the risk of serious conditions like heart disease and cancer. **Smoking irritates your airways**, leading to coughing or wheezing that keeps you awake. Smoking makes it harder to fall asleep or stay asleep, increasing your risk of **chronic insomnia**. These hidden issues not only make you feel tired but also strain your aging body, reducing your overall quality of life.

Oral Health Impacts

WHAT IS THIS INDICATOR ?

The Oral Health Indicator measures the direct impact of smoking on your teeth, gums, and mouth, highlighting issues like sensitivity, discoloration, gum disease, and increased risk of oral cancer.

Quitting now will reduce your risks for 12 different forms of cancer.

THE DIRECT IMPACT

- Smoking limits oxygen supply to your gums, weakening their ability to fight infections.
- You are **2 to 3 times more likely** to develop gum disease compared to a non-smoker.
- Smoking accelerates **plaque buildup**, increasing the risk of cavities and tooth loss.
- **Smoking reduces saliva production**, allowing bacteria to thrive.
- If you undergo extractions or gum surgery, you are more likely to develop infections, slow healing, or complications like dry socket.
- **Nicotine and tar weaken your enamel**, causing sensitivity and yellowing of teeth.
- Your teeth may have **mild discoloration** from years of minimal nicotine intake, which regular brushing cannot fully remove.
- If you've had dental work like **extractions or implants**, smoking slows your healing process, increasing the risk of complications and infections.

WHAT'S HAPPENING ?

- You may have a diminished ability to taste and smell food
- **loose or shifting teeth, making** it harder to chew and speak.
- **Gum disease and missing teeth** cause jawbone loss,
- **Gum infections can spread**, leading to painful abscesses, fever, and more severe systemic infections
- **Nicotine reduces blood flow**, hiding common gum disease signs like redness and swelling, making early detection harder.
- **Bad breath, stained teeth, and gum issues** may affect your self-esteem and interactions, even if the damage isn't immediately visible.
- The body's ability to **repair tissue and fight infections** naturally declines
- **Smoking, even in light amounts**, significantly increases the risk of developing oral cancer, particularly in older individuals. The aging process naturally weakens the immune system and increases the risk of cell mutations.



Smoker v/s Non Smoker

Smoker	Non Smoker
Smoking hardens arteries (atherosclerosis), raises blood pressure, and increases the risk of heart disease and stroke. Your aging heart is less resilient, making these risks even greater.	Your heart is not burdened by smoking-related risks. While age-related heart issues may occur, they are not worsened by smoking.
Smoking reduces calcium absorption, increasing the risk of osteoporosis and fractures. Even light smoking accelerates bone loss in old age.	You have better bone density and a lower risk of osteoporosis, though natural bone weakening may still occur with age.
Your wounds heal slower due to reduced oxygen and blood flow, making injuries more problematic in old age.	Your healing capacity is better, though naturally slower due to aging.
Smoking affects your metabolism and fat distribution, often increasing belly fat and reducing muscle tone.	You have better metabolism, muscle tone, and a healthier body composition.
You are more prone to pneumonia, bronchitis, and other infections, with longer recovery times.	Your immune response is stronger, reducing the severity and frequency of infections.

Do you want to struggle with breathlessness, fatigue, and chronic health issues, or enjoy a life full of energy, strength, and resilience? The Choice is yours!