



DETAILED REPORT

Unveil Your Health
Story!

INTERMITTENT 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

- Every puff fills your lungs with toxins, making infections like bronchitis & sinusitis more likely.

How You're Affected Daily

-  Tired All the Time? – Even simple activities leave you exhausted.
-  Persistent Cough & Mucus? – That's your body trying to clear out the irritation from smoke.
 - Even moderate smoking causes plaque buildup, raising your chances of stroke or heart disease.
 - Studies indicate that smokers in this range are more likely to progress to heavy smoking, creating a cycle that's increasingly difficult to break.
 - Consistently raises your blood pressure

RESEARCH AND FACTS

1 Eating healthy & working out won't cancel out the effects of smoking.

2 Smokers die 13-14 years earlier than non-smokers.

3 Approximately 30% of smokers who start young continue into adulthood and face premature death from smoking-related illnesses.

4

- Teen smokers are 3x more likely to use alcohol.
- 8x more likely to smoke marijuana.
- 22x more likely to use cocaine.

5 64% were unaware that smoking leads to premature aging and stroke.

SERIOUS HEALTH ISSUES TO YOU

- A mild but persistent cough is already developing.
- You might think, "I don't feel the effects yet, so I'm fine."
- Reality check: The damage is happening inside your body and will surface later.
- you may find yourself more prone to minor illnesses, which could require medical attention or recovery time, disrupting your daily routine and productivity.

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



Carbon monoxide binds with hemoglobin, reducing oxygen transport and depriving muscles of necessary oxygen.

You may already experience:

-  Persistent breathlessness
-  Longer recovery times after exercise
-  Difficulty keeping up with physical activities
 - Cigarette smoke contains free radicals that damage your cells and cause chronic inflammation.
-  **Mainstream Smoke:** Directly inhaled—contains 8% tar & 92% toxic gases.
-  **Sidestream Smoke:** More toxic—affects both you and people around you.
 - Intermediate smoking increases clot formation

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

IMPACT ON WEEKLY ACTIVITY LEVELS



For Smokers

- 1.1 workout sessions/week (~50 minutes total)
- 80% drop in physical activity frequency.

For Non-Smokers

- 5.5 workout sessions/week (~247.5 minutes total)



of smoking:
Heart rate starts increasing



of smoking:
Heart rate rises upto 30%

Respiratory and Sensory Health

WHAT IS THIS INDICATOR ?

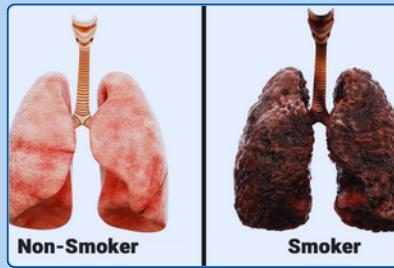
Your lungs and senses play a vital role in how you experience and navigate the world. Smoking, especially for young and heavy smokers, undermines these functions in ways that might not be immediately obvious but are undeniably damaging.

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

RESPIRATORY SYSTEM



- Every puff exposes your throat and voice box (trachea & larynx) to harmful chemicals.
- You may already have a hoarse voice, frequent throat discomfort, or a persistent dry feeling.
- If you cough more often in the mornings or hear a wheezing sound, it's because your lungs are struggling to expel irritants.
- Your ability to breathe comfortably will decline.
- Your arteries are slowly thickening and narrowing due to plaque buildup.
- This process starts NOW—even in your teens or 20s—not just later in life.
- The risk of heart attacks or strokes isn't just an "old people problem"—it's already building up in your body.
- Intermediate smoking significantly increases your risk of chronic bronchitis
- Cigarette smoking has a strong, dose-dependent relationship



DAMAGE IS IRREVERSIBLE

- Running, swimming, and even simple activities like climbing stairs are getting harder.
- Your immune defense is getting weaker, making you more prone to colds, flu, and respiratory infections.
- Scents that were once strong now feel faint or muted.
- The decline is slow but permanent if you continue smoking.
- Prolonged smoking damages airway nerves, making it harder to feel early signs of lung issues.
- More vulnerable to pneumonia and tuberculosis.
- Your ability to engage in sports, exercise, or even enjoy recreational activities is steadily declining.
- Intermediate smokers face a higher risk of nerve depletion, making it harder for the body to signal issues such as breathlessness or chest tightness.
- If you ever need surgery, your body heals slower because smoking reduces blood flow and immune response.

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



- Studies show smokers:
- Spend 24% more time in light sleep → Restless, poor-quality sleep.
- Spend less time in deep sleep → More fatigue, reduced recovery.
- Your body starts craving nicotine even while you sleep.
- These cravings wake you up feeling restless, irritable, or uncomfortable.
- Poor sleep leads to more cigarette use during the day to stay alert.
- Smoking alters your brain's stress response, making you more prone to anxiety and depression.

HEALTH PROBLEMS

| |
|-------------------------|
| Coronary artery disease |
| Aortic aneurysms |
| Lung cancer |
| Esophageal cancer |
| Stomach cancer |
| Pancreatic cancer |
| Cataracts |

RELATIVE RISK FOR INTERMITTENT SMOKERS

| |
|--------------------|
| Increase 2.7 times |
| Increase 2.3 times |
| Increase 2.8 times |
| Increase 4.3 times |
| Increase 2.4 times |
| Increase 1.8 times |
| Increase 1.7 times |

- Even if you don't feel shortness of breath yet, your lungs are already inflamed and losing capacity.
- Even if you don't smoke heavily, your blood pressure is rising, increasing your risk of heart disease and stroke.
- You may not feel sick now, but you are more likely to visit doctors and hospitals as you age.
- Studies show smokers have higher medical costs due to ongoing health monitoring and treatments.
- Smoking now means stunted lung growth and weaker immunity—even common colds will last longer.
- You increase your risk of post-surgical complications, lung infections, and slow wound healing.
- The longer you wait to quit, the harder it will be to reverse the damage.
- Your brain is already undergoing structural changes—thinning of the right lateral temporal cortex—which affects memory, focus, and emotional control.

Smokers have higher levels of carotid intimal-medial thickness (CIMT)—a clear indicator of early atherosclerosis.

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



- You may already feel sharp pain** when eating hot, cold, or sweet foods.
- Smoking weakens your enamel**, making your teeth prone to decay, cavities, and cracks.
- Your breath constantly smells bad** due to plaque, bacteria, and nicotine buildup.
- Thinking of getting implants?** Smoking cuts their success rate in half.
- Tooth extractions & surgeries** heal poorly, leading to dry socket & infections.
- Tooth loss** doesn't just impact your smile—it can make eating and speaking difficult.
- Smoking numbs your taste buds** and olfactory senses, reducing sensory pleasure.
- Stage 1: Gingivitis** → Red, swollen gums that bleed while brushing (reversible).
- Stage 2: Periodontitis** → Bone and tissue loss, leading to loose teeth and irreversible damage

OVERALL PICTURE

- Your teeth absorb nicotine & tar**, causing deep discoloration that brushing won't fix.
- Over time**, your teeth will turn dark brown or even grayish.
- Stains impact confidence & appearance
- Gum recession begins**, making your teeth look longer & exposing sensitive roots.



Your breath after smoking might make mint companies rich, but it won't win you any friends at close range.



Within days

- Visible tooth staining
- Slight gum redness or tenderness
- Dry mouth

Within weeks to months

- Increased plaque buildup
- Mild gum inflammation (gingivitis)
- Bleeding gums when brushing or flossing
- Bad breath

Months to years

- Progressive gum recession
- Deeper gum pockets developing
- Loose teeth
- Bone loss around teeth
- Increased risk of periodontal disease

Long-term smoking

- Severe gum disease (periodontitis)
- Significant tooth mobility
- Potential tooth loss
- Increased risk of oral cancer

Smokers v/s Non-Smokers

| Smoker | Non Smoker |
|--|--|
| Even mild physical activity leaves you breathless. Your lungs take in less oxygen, and it worsens over time. | You breathe easily, even after intense workouts. Your lungs function at full capacity. |
| Persistent cough, even at a young age. Over time, it can turn into chronic bronchitis or worse. | Minimal coughing. Your lungs clear out irritants naturally without damage. |
| You might think you're fine now, but damage builds up over time. The real impact shows up later. | You actively maintain good health and avoid unnecessary risks. |
| More likely to engage in risky habits like excessive drinking, poor diet, and unsafe decisions. | More mindful of health choices, making better lifestyle decisions overall. |
| increased risk of oral cancer due to prolonged exposure to carcinogens in tobacco. | Non-smokers have a significantly lower risk of developing oral cancer. |
| Introduces toxins that cause oxidative stress on organs, especially the heart and lungs. | Organs function optimally without exposure to harmful toxins. |

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

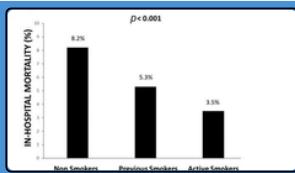
1 Smoking increases metalloproteinase (MMPs) production, an enzyme that breaks down collagen, causing sagging skin and loss of firmness.

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 Smoking increases the number and size of polyps, which can turn cancerous over time.

5 Painful ulcers, gangrene, and Buerger's disease



IMPACT ON YOUR HEALTH

- Your alveoli (air sacs) are already being damaged, making oxygen exchange harder. This damage is irreversible.
- Your risk of heart disease, strokes, and blood clots is significantly higher.
- Poor circulation can cause cold hands and feet, numbness, and tissue damage over time.
- You're losing bone density, making fractures more likely, especially for women near menopause.
- Mood swings occur as nicotine temporarily boosts dopamine but leads to stress and irritability when levels dip.
- Smoking reduces sperm function in men and delays conception in women.
- If Crohn's runs in your family, smoking makes it much worse, leading to severe flare-ups, higher medication use, and increased need for surgery.
- Frequent heartburn, bloating, or abdominal discomfort, especially after meals—early signs of digestive irritation.
- Your liver struggles to filter toxins properly. Medications and alcohol aren't processed efficiently.



Physical Activity and Fitness

WHAT IS THIS INDICATOR ?

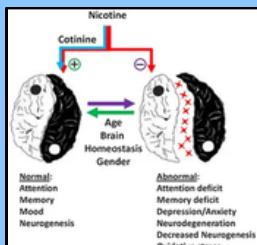
This phase of life (31 - 60) is typically marked by peak physical capacity, but smoking can severely impair these abilities. The connection between smoking and fitness is stark and that's what this indicator will explain.

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

REDUCED PERFORMANCE

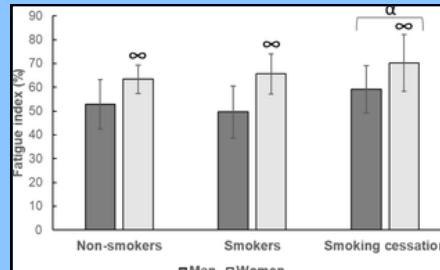


- Everyday activities like brisk walking or climbing stairs leave you out of breath.
- Nicotine spikes your heart rate by 30-40%, increasing strain on your heart.
- Multitasking and decision-making become more difficult.
- Lung capacity drops by up to 10%, making physical activities harder.
- Increased fat accumulation around the abdomen raises diabetes and blood pressure risks.
- Smokers with low activity levels have 2-3x higher risk of heart disease & stroke.
- Your risk of chronic lung disease is 14x higher than a non-smoker.
- Your ribcage is losing flexibility, and your diaphragm is weakening.



of smoking:
Heart rate starts increasing
1 MIN

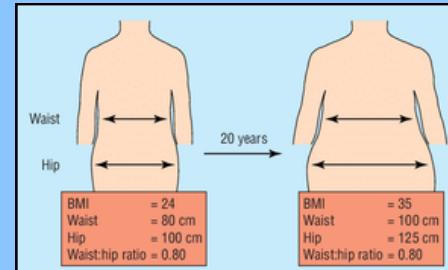
of smoking:
Heart rate rises upto 30%
10 MIN



YOUR FITNESS AND HEALTH



- Smoking damages your alveoli, making oxygen exchange inefficient.
- Stale air lingers in your lungs, reducing fresh oxygen intake.
- Your heart is overworking, leaving you sluggish and drained.
- Nicotine tricks your brain into eating less, but it's not a sustainable way to control weight.
- Your lungs are drowning in excess mucus, making infections more likely.
- Nicotine tricks you into feeling energized, but your body is actually running on empty.
- Persistent soreness, even from simple tasks like carrying groceries.
- Nicotine reduces insulin sensitivity, increasing your risk of type 2 diabetes.



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.

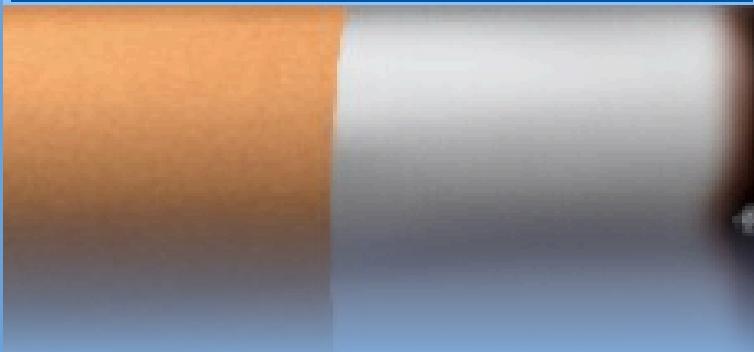


That persistent smoker's cough? It's your body's way of saying, 'Enough already!' in the most dramatic way possible.

RESPIRATORY SYSTEM



- You may already experience** wheezing, occasional breathlessness, or a "morning cough."
- The tiny hair-like structures** that clear mucus and toxins in your airways are weakened, making you more prone to infections and congestion.
- A recurring cough or throat irritation** may seem minor now, but left unchecked, it can progress into Chronic Obstructive Pulmonary Disease (COPD).
- Secondhand smoke** can trigger asthma, bronchitis, and lung infections in children, elderly family members, and non-smokers.
- Minor wounds, sore muscles, and infections** take longer to heal due to reduced oxygen supply.
- Smoking at least 5 days a month** increases shortness of breath and fatigue.
- Your immune system is weakened**, leading to frequent colds and flu.
- Even 10 cigarettes** per week accelerate lung aging by 15 years.



SILENT KILLER



- The chemicals in tobacco damage** nerve endings in your taste buds and olfactory tissue.
- You may have already noticed that **food tastes bland** or that **smells seem weaker**.
- Delaying action** will make recovery harder, diminishing one of life's simple joys.
- Smoking dries out** and irritates your vocal cords, leading to a hoarse, raspy voice.
- Long-term exposure** can cause chronic vocal strain, making it harder to communicate comfortably.

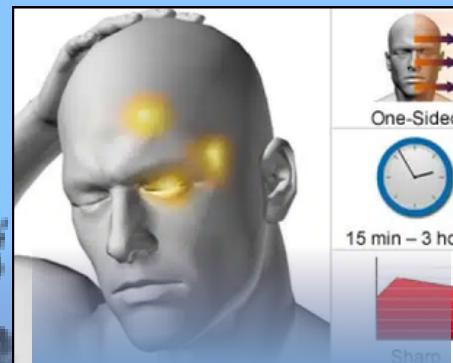


- Smoking reduces oxygen supply** to your skin, causing:
 - A dull, uneven complexion.
 - Slower healing of small cuts and wounds.
 - More pronounced scars and premature aging.

HEART & OXYGEN



- Carbon monoxide binds to hemoglobin 200x** more than oxygen, leaving less oxygen for your brain and heart.
- You are 2.6x more likely** to develop pneumococcal pneumonia.
- 50% higher risk** of severe flu and respiratory infections.
- Smoking deprives your brain of oxygen, worsening headaches.
- Quitting can reduce the frequency and intensity of cluster headaches.
- Your immune system is already compromised:**
 - Bronchitis & Pneumonia:** Harder to recover from.
 - Influenza:** Longer recovery, more severe symptoms.
 - Tuberculosis:** Higher susceptibility.
- Smokers' lungs retain **more than 70 percent** of the tar and nicotine they inhale.
- Your Health Risks as an Intermediate Smoker**
 - Pneumonia:** You are 3.2 times more likely to develop pneumonia than nonsmokers.
 - Other Acute Lower Respiratory Tract Infections (**OA-LRTI**): Your risk is over 2.5 times higher.
 - Influenza:** You are 2.3 times more likely to suffer complications.



SMOKE'S HIDDEN DAMAGE



- Hearing:** Reduced blood flow to your inner ear increases your risk of hearing loss and tinnitus.
- Vision:** You have a higher risk of cataracts and macular degeneration, which can lead to vision loss.
- Even if you feel fine today**, your smoking habit is gradually reducing your lung capacity.
- This silent damage may lead to **breathing issues** and chronic conditions down the line.
- Your risk of **Chronic Obstructive Pulmonary Disease (COPD)** is significantly higher.
- Existing asthma?** Smoking will make it worse, leading to persistent coughing and shortness of breath.
- Smoking weakens **oxygen delivery to your muscles**.
- You may struggle with simple tasks** like carrying bags or opening jars.



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

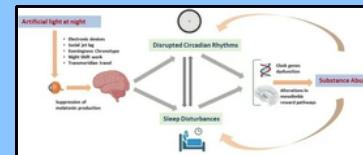


- Medical research shows intermediate smokers are in the high-risk zone for life-threatening conditions. You are:
 - 30% more likely to visit a doctor for respiratory complaints than nonsmokers.
 - 15 times more likely to have lung function issues if you smoke more than 20 cigarettes daily.
- Routine lung function tests and blood work reveal hidden risks —**your respiratory and cardiovascular health is already being affected.**
- Smoking affects your sleep, lungs, heart, and overall well-being in ways you may not even realize.
- As a smoker, **your risk of serious illnesses increases.** Early detection is crucial:
 - Precancerous changes in your lungs, throat, and bladder can develop unnoticed.
 - High cholesterol and hypertension—often worsened by smoking—are detectable through medical checkups.

SMOKING & SLEEP



- You struggle to fall asleep because nicotine increases your heart rate and stimulates your nervous system.
- Deep, restorative sleep is reduced, leaving you feeling drained and mentally foggy.
- You experience constant fatigue, irritability, and poor concentration.
- Your brain stays alert when it should be resting, throwing off your natural sleep-wake cycle.
- You wake up feeling restless as nicotine levels drop.
- Poor sleep makes you feel drained, leading you to smoke more for an energy boost.
 - For men: Smoking is linked to nightmares and disturbing dreams.
 - For women: It increases excessive daytime sleepiness.
- Smoking and sleep deprivation increase your chances of heart disease, diabetes, and other illnesses.
- Sleep-deprived smokers have stronger cravings.
- If you continue smoking heavily, your risk of insomnia increases significantly by age 65.
- Intermediate smokers are 2.76 times more likely to suffer from chronic insomnia later in life.



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.

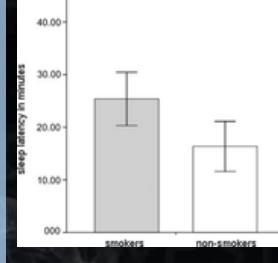


If you smoke 10+ cigarettes daily, you expose your lungs, blood, and organs to 7,000+ toxic chemicals.



WHY YOU HEAR OFTEN

OVERALL PICTURE



- You'll need frequent dental visits for cleaning, gum treatments, and whitening
- Without treatment, periodontitis will cause irreversible gum and jawbone damage.
- Smoking thickens saliva, trapping bacteria that brushing can't fully remove.
- You are significantly more likely to develop periodontal disease (3.31 times greater odds)
- Deep periodontal pockets trap bacteria, increasing the likelihood of severe gum infections that may require surgery.
- 7 to 10 Times Higher Risk: You are far more likely to develop oral cancer than a non-smoker.
- Smoking promotes harmful bacteria like Streptococcus gordonii and Porphyromonas gingivalis, leading to rapid plaque formation.
- Tartar builds up more aggressively, making cleanings more difficult and increasing your risk of cavities and infections.
- You could lose approximately 2–3 more teeth than your non-smoking counterparts, a figure that grows over time as damage accumulates.

- Your gums may bleed while brushing or flossing, signaling gum disease.
- Bacterial buildup from smoking causes chronic bad breath, affecting your confidence in social and professional settings.
- Nicotine and tar stain your teeth, making discoloration harder to remove with regular brushing.
- Reduced saliva production increases your risk of cavities and infections.
- Your gums may be swollen, tender, or receding, making treatment more difficult.

Smokers v/s Non-Smokers

Reality Check

| Smoker | Non Smoker |
|--|---|
| Your gums get weaker due to reduced blood flow, leading to inflammation, infections, and recession. Less saliva = a dirtier, more infection-prone mouth. | Your gums stay healthy, fight infections better, and remain strong with good blood circulation. Normal saliva flow helps prevent plaque buildup naturally. |
| By age 30-60, smokers lose 2-3 more teeth than non-smokers. | You'll retain more of your natural teeth as you age. |
| By age 65, you're way more likely to have chronic insomnia. | You sleep better and wake up feeling more refreshed. |
| Decreased lung capacity and more mucus buildup. Airways get clogged, making breathing harder over time. | Healthy lungs = efficient oxygen flow and clean airways. |
| You're more likely to experience painful cluster headaches. | Less risk of frequent, intense headaches. |
| Less oxygen reaches your muscles, making you weaker and easily fatigued. | Stronger muscles with better endurance. |
| Slower wound healing due to poor blood circulation. | Faster recovery from injuries and surgeries. |
| Low energy, lethargy, and reduced motivation to stay active. | More energy and enthusiasm for workouts and daily activities. |
| 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: Above 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 effector T cells become overreactive, while your regulatory T cells (Tregs) decline—causing chronic inflammation.
- Overactive CD8+ T cells attack healthy tissues, increasing the risk of autoimmune diseases.
- Your lungs' first line of defense is weaker, making it harder to fight bacteria like Legionella pneumophila.



- Nicotine damages osteoblasts (bone-forming cells), delaying repair.
- You are more prone to arthritis, low back pain, and muscle weakness.
- You may often feel a burning sensation in your chest after meals—this isn't just minor discomfort.
- Smoking weakens the muscle that keeps stomach acid in place, leading to acid reflux or GERD.
- If left untreated, GERD can cause:
 - Painful ulcers in your esophagus
 - Difficulty swallowing due to a narrowed esophagus
 - Increased risk of esophageal cancer

IMPACT ON YOUR HEALTH



- Your lungs are exposed to harmful chemicals, reducing lung capacity and oxygen delivery. Breathing becomes less efficient.
- Oxygen delivery to your muscles is compromised, causing fatigue and reduced stamina, making daily tasks harder.
- Smoking constricts blood vessels, leading to cold hands/feet, slower healing, and reduced stamina.
- Smoking reduces lung elasticity, making it harder for your lungs to expand fully.
- Smoking also shortens telomeres—the protective caps on your DNA—causing cells to age prematurely.
- Your arteries are stiffening, increasing blood pressure and irregular heart rhythms. Fatigue or chest discomfort could be early signs.
- Smoking worsens "inflamm-aging," weakening immunity and increasing disease risk.
- Health Risks You Are Already Facing:**
 - Poor Circulation:** Slow wound healing, numbness, cramps.
 - Peripheral Artery Disease (PAD):** Pain, ulcers, and even gangrene risk



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



- Smoking reduces calcium and vitamin D absorption, leading to weaker bones and muscles.
- This increases your risk of fractures, falls, and slow recovery from injuries.
- Your movements may become slower and more labored over time.
- A slower walking speed limits your ability to stay active and social.
- Smoking makes your blood “sticky” and narrows your arteries.
- As an intermediate smoker, your nitric oxide levels have decreased, making your blood vessels stiffer and less efficient.
- Your heart’s ability to contract and relax properly weakens over time.
- Your eyesight may be worsening, with blurry vision, trouble seeing in low light, or increased sensitivity to bright lights.

- Simple tasks like standing up, carrying groceries, or walking at a steady pace take more effort.
- Your muscles receive less oxygen, reducing your strength and endurance.



YOUR FITNESS AND HEALTH

You may feel

- Forgetfulness, trouble concentrating, and slower thinking
- More joint stiffness, slower recovery, and heightened sensitivity to pain.

- Smokers with MS experience severe, overwhelming tiredness due to muscle fiber damage.

You may notice

- Reduction in muscle tone and an increase in abdominal fat
- lead to a more sedentary lifestyle, increasing muscle deterioration.

- 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



- You might dismiss symptoms as part of aging, but they signal lung damage:
 - Morning coughing spells: A sign of airway irritation.
 - Wheezing or chest tightness : Your respiratory system is struggling.
- Smoking dulls your senses over time:
 - Food tastes bland: Your appetite may decrease.
 - Weakened sense of smell: You may not detect smoke or gas leaks.
- Ignoring shortness of breath and coughing can lead to severe COPD and oxygen dependency.
- Morning coughs indicate excessive mucus buildup overnight.
- Lung tissue damage happens silently.
- Smoking aggravates the trigeminal nerve, amplifying the sharp, severe pain characteristic of CH.

Smoking weakens bone mineral density, making fractures more likely. If you’re a woman, post-menopausal bone loss makes this even worse.

If you suffer from sudden, intense headaches with watery eyes, nasal congestion, or sweating, smoking is making them worse. Your vascular system is damaged, reducing oxygen supply and triggering longer, more painful attacks. Smoking directly affects your brain’s hypothalamus, intensifying headaches and making them more frequent. Your grip is already weaker than non-smokers and light smokers. Ignoring this puts your independence at risk as you age.

significantly increases the risk of pneumococcal pneumonia. Smoking damages your lung tissues, making it easier for bacteria like **Streptococcus pneumoniae** to attach to and infect your cells.

Your respiratory defenses are weakened, making it easier for infections to take hold. Your sense of taste and smell is already deteriorating due to nerve damage from smoking. Smoking increases your risk of high blood pressure in the lung arteries

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.

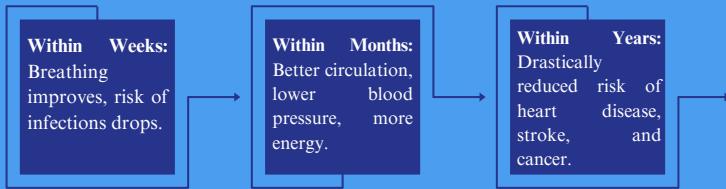


Smokers are 30% more likely to visit a doctor for respiratory complaints than non-smokers of the same age.

DOCTORS' WARNINGS

- **45% more doctor visits** for respiratory issues in smokers over 60.
- **20 times more likely** to get a lung function warning if you smoke 20+ cigarettes daily.

It's Never Too Late to Quit



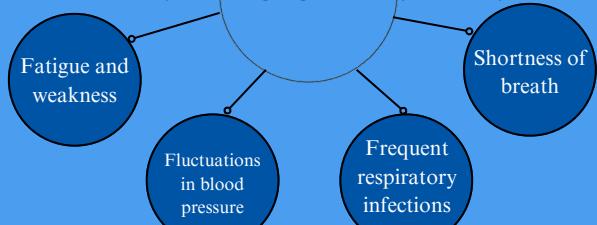
It's important to understand that **smoking cessation** is about more than just adding years to your life; it's about enhancing the quality of those years. By quitting now, you can look forward to more energy, better mobility, and fewer hospital visits.

SLEEPING HABITS

- When you sleep poorly, your body becomes more sensitive to chronic pain, making conditions like arthritis harder to manage.
- Interrupted sleep affects your body's ability to regulate insulin, increasing your chances of developing diabetes.
- You wake up tired, groggy, or mentally foggy, even after spending enough time in bed.
- Simple daily tasks feel challenging, and your mood may become irritable.
- You might smoke more to counteract exhaustion, worsening sleep disruptions in the long run.
- **Poor sleep at this stage in life leads to:**
 - **Weakened Immunity:** Your body struggles to fight infections, making illnesses more severe.
 - **Cognitive Decline:** Memory, focus, and decision-making suffer, affecting daily independence.
 - **Higher Risk of Chronic Illness:** Sleep deprivation and smoking together increase risks of heart disease and diabetes.
 - **Diminished Quality of Life:** Persistent fatigue and health issues limit your ability to enjoy life and relationships.
- **If you do not address the impact of smoking on your sleep:**
 - Your body will age faster, increasing vulnerability to illnesses.
 - Your immune system will weaken, making recovery from infections harder.

YOUR DOCTOR SEES IT

Early warning signs from your body



- Doctors can detect early signs of damage and recommend ways to slow or reverse it.
- They may suggest lung function tests, heart monitoring, and personalized quitting strategies.
- The Indian economy loses INR 1773.4 million annually due to tobacco-related diseases.

SMOKING & SLEEP

- Nicotine is a stimulant that keeps your heart rate elevated, reducing the time you spend in deep sleep and REM sleep.
- You may struggle to stay asleep, frequently waking up at night and finding it hard to fall back asleep.
- Smoking increases snoring and raises the risk of obstructive sleep apnea.
- Nicotine disrupts your circadian rhythm, making your sleep patterns erratic.
- Lack of deep sleep weakens focus, memory, and decision-making, putting your independence at risk.

THE HIDDEN DANGERS

Increased Inflammation: Raises risks of heart disease and cancer. 

Nighttime coughing and wheezing disrupt sleep. 

Raises your chances of heart disease and stroke. 

Memory problems and confusion increase. 

Persistent fatigue makes daily activities harder. 

 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.

Exhaustion during the day: Waking up tired and mentally foggy is a common experience for smokers. Poor sleep impacts your ability to focus, think clearly, and be productive during the day. You may feel more fatigued and irritable, which only adds to the stress and cravings that keep you tied to your smoking habit.

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 tightens** blood vessels, cutting off nutrients your gums need to stay healthy.
- Smoking thickens** saliva, making it harder to wash away bacteria, leading to cavities and gum disease.
- If you undergo dental procedures like extractions or gum surgery, you will experience delayed healing, with increased risks of infections and implant failure.
- Chemical Damage to Enamel:** Your enamel is eroding faster, making your teeth weaker and more prone to decay and sensitivity.
- Weakened Immune Response:** Smoking suppresses your body's ability to fight infections, delaying recovery from gum disease and other oral issues.
- Your risk of oral cancer in the mouth, throat, tongue, or jaw is significantly higher.

WHAT'S HAPPENING ?

- Redness & Swelling:** Your gums may feel tender, inflamed, and painful.
- Brushing or flossing** can cause frequent bleeding, indicating early gum disease.
- Increased plaque and tartar** buildup lead to cavities and tooth loss, which are harder to reverse at 60+
- Smoking dries out** your mouth, creating a breeding ground for bacteria, causing persistent bad breath.
- You may experience sharp pain** in your teeth when consuming hot, cold, or sweet foods.
- Nicotine and tar **weaken your enamel over time**, making it more porous and prone to sensitivity.
- The damage is gradual** but cumulative, leading to chronic discomfort if left untreated.
- Your teeth may have **noticeable yellow or brown stains** due to nicotine and tar deeply embedding into the enamel.
- Even with regular brushing**, smoking accelerates discoloration, making your teeth appear aged and unhealthy.



Smoker v/s Non Smoker

| Smoker | Non Smoker |
|---|---|
| Your arteries get clogged faster, increasing blood pressure and putting you at high risk for heart attacks and strokes. | Your heart works efficiently with better circulation, reducing your chances of cardiovascular diseases. |
| Increased risk of ulcers, acid reflux, and long-term digestive issues. | Fewer digestive problems, better nutrient absorption, and overall gut health. |
| More frequent coughs, shortness of breath, and respiratory infections. | Stronger lungs, fewer infections, and better immune response |
| Diminished sense of smell and taste, hoarseness, and higher risk of vocal cord damage. | Better sensory function and clearer voice. |
| Higher risk of gum disease, bad breath, tooth discoloration, and oral cancer. | Healthier gums, fresher breath, and stronger teeth. |

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!