



DETAILED REPORT

Unveil Your Health
Story!

HEAVY 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

- Smoking in your age **stunts lung growth**, leading to reduced lung function and a **higher risk of COPD** later in life.
- Young smokers often experience **recurring headaches and backaches**.
- Daily smokers have **higher rates of musculoskeletal conditions** and require **longer hospital stays** and take longer to recover from illnesses.
- You may often face breathlessness, chronic coughing, fatigue, phlegm production, and wheezing.**
- Many smokers **downplay symptoms**, falsely perceiving themselves as healthy.

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.

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

REDUCED PERFORMANCE



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

- Smokers experience **shortness of breath** even after simple activities like climbing stairs or jogging.
- Smokers in your category are **3 times more likely to experience dyspepsia** (indigestion) and have a higher risk of injuries.
- Exercise becomes harder** as muscles don't receive oxygen quickly, leading to poor performance and quicker exhaustion.
- Smoking can cause **inflammation in bones and joints**, contributing to conditions like osteoporosis.
- Nicotine and other chemicals disrupt the body's energy balance, leading to **lethargy and lack of motivation** for physical activities.

 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.



RESEARCH AND FACTS

1 87% of daily smokers tried their first cigarette before turning 18.

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

3 Approximately 1.5 million packs of cigarettes are purchased for minors annually.

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

- Early progression of atherosclerosis leads to higher rates of coronary heart disease and **stroke by middle age**.
- Higher risk of diabetes, obesity, high blood pressure, high triglycerides, low HDL cholesterol, and insulin resistance.**
- You are highly prone to this severe vascular disease, leading to ulcers, and **increased risk of limb amputation**.

Physical Activity and Fitness

Nicotine and carbon monoxide make blood sticky and narrow arteries, reducing oxygen supply to the heart, and organs.



YOUR FITNESS AND HEALTH

- You are likely experiencing increased glycolytic capacity, oxidative fiber atrophy, and decreased nitric oxide synthase expression—all of which **weaken muscle function**.
- Your testosterone levels may drop significantly, affecting **muscle growth and performance**.
- Your wound healing is slower**, making recovery from sports injuries or even minor cuts much longer.
- Many smokers believe cigarettes help with weight loss, but in reality, smoking disrupts metabolism and leads to **unhealthy weight changes**.
- Smoking reduces energy levels, making you more physically inactive.



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



- You may experience a **scratchy throat or hoarseness** due to constant smoke exposure.
- If you wake up coughing or wheezing, your lungs are desperately trying to **clear out smoke-induced toxins**.
- Every puff scars your lung air sacs, reducing your ability to breathe properly—**for life**.
- **Persistent coughing and mucus buildup** due to long-term airway inflammation, making breathing an everyday struggle.
- Smoking triggers **abnormal cell growth, forming tumors** in your lungs—often without symptoms until it's too late. Recurring lung infections, chest pain, and persistent coughing could be **warning signs**.
- **Your muscles and brain** are constantly running on low fuel, affecting stamina, concentration, and decision-making.
- You are **highly vulnerable** to colds, bronchitis, and pneumonia.



SENSORY DECLINE

- **You may already notice** that food tastes bland or smells are harder to detect.
- Your taste buds shrink, lose blood supply, and function less effectively, making **your meals less enjoyable**.
- You are at high risk for bad breath, cavities, and gum disease, which can **lead to tooth loss**.
- Chronic smoking can **permanently damage vocal cords**, making it harder to speak clearly.
- **You may experience** hair thinning, premature graying, or balding due to reduced blood flow.

SMOKING AND ASTHMA



- **If you have asthma,** You're more likely to have severe flare-ups, making breathing increasingly difficult.
- Smoking narrows your airways, and even medication may not work as effectively due to **corticosteroid resistance**.

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.

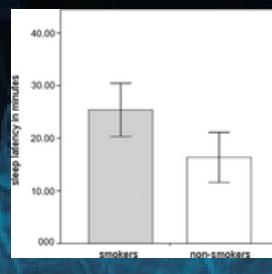


WHY YOU HEAR OFTEN

- Even if you feel "fine," doctors detect early signs of chronic damage, especially if you experience frequent shortness of breath.
- Doctors Can Spot the narrowing blood vessels, increased blood pressure, and a stressed heart.
- Your smoker's cough will evolve into chronic bronchitis and **scarring of lung tissue** will make breathing difficult for life.
- Avoiding medical advice now means **more hospitalizations later** for lung infections, cardiovascular issues, or even cancer.

SMOKING & SLEEP

- You struggle to fall asleep because **nicotine tricks your brain** into staying alert.
- **Your body craves** nicotine even while you sleep, making you wake up feeling uneasy.
- Smokers spend more time in lighter sleep (N1 & N2) and **less in deep, restorative sleep (N3)**.
- **Less Sleep = More Smoking:** Sleep deprivation increases nicotine cravings, trapping you in a damaging cycle.
- Smokers are **2.5 times more likely** to suffer from insomnia and sleep apnea.
- **Poor sleep worsens** mental health, amplifying anxiety and depression.
- **Sleep deprivation + smoking** significantly increase heart disease, stroke, and obesity risks.
- **Poor sleep leaves you** feeling very tired and irritable, which often leads to smoking more cigarettes during the day to "perk up" or as soon as you wake up.
- **Your last cigarette before bed isn't enough.** During the night, nicotine levels drop, leaving your brain desperate for another hit. This withdrawal interrupts your sleep and leaves you groggy in the morning.



Non-smokers wake up ready to seize the day; smokers wake up ready to seize the coffee—and maybe a cigarette or two.

Even if you don't inhale tobacco smoke, you still absorb harmful chemicals through the lining of your mouth.

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



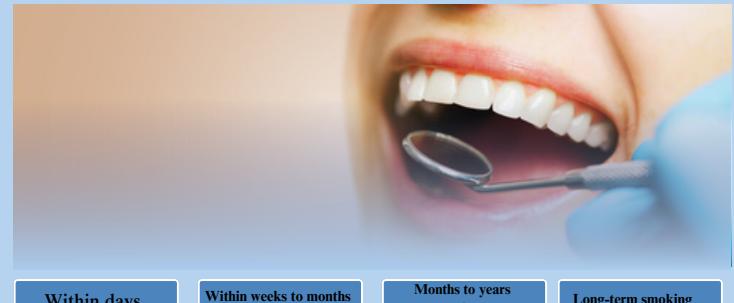
- Yellow or brown stains** aren't just about hygiene; nicotine and tar are embedding themselves into your enamel.
- Redness, swelling, bleeding, and even gum recession** are signs your gums aren't getting enough blood flow to heal.
- Your saliva** thickens, reducing its ability to wash away bacteria, leading to cavities and bad breath.
- 56% of current smokers, 36% of former smokers, and 35% of never smokers** could not afford treatment or did not have insurance.
- That lingering stale odor** isn't just morning breath—it's decaying oral tissues. No mint or mouthwash will fully mask it.
- Gums pull away** from your teeth, leading to permanent tooth loss.
- As a smoker, **your risk of mouth cancer** is drastically higher than non-smokers.
- Mouth cancer can strike** anywhere: Tongue, cheeks, lips, or the floor of your mouth.

OVERALL PICTURE

- More Frequent Visits Needed** → Smoking accelerates damage, requiring extra cleanings and check-ups.
- Smoking isn't just ruining your smile—it's damaging your entire oral health. If you're under 30, your mouth is already under attack. **Is the cigarette worth it?**



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



Smokers v/s Non-Smokers

Smoker	Non Smoker
Your lungs struggle to function, making even simple activities like climbing stairs exhausting. You may already have a persistent "smoker's cough" and frequent respiratory infections.	Their lungs operate at full capacity, providing ample oxygen. You rarely experience breathlessness or chronic coughs.
Your skin ages faster due to reduced blood flow and collagen breakdown, leading to wrinkles, sagging, and a dull complexion—even in your 20s.	Their skin stays youthful, radiant, and well-nourished, thanks to optimal circulation.
Your arteries harden silently, increasing the risk of heart attacks and strokes—often without early warning signs.	Their heart stays strong, and your blood vessels remain flexible, reducing your risk of cardiovascular disease.
Fertility issues, pregnancy complications, and erectile dysfunction risks rise significantly.	Optimal reproductive health supports easier conception and healthier pregnancies.
Your taste buds and sense of smell dull over time. Bad breath, yellow teeth, and gum disease become unavoidable.	They enjoy full taste and smell senses, fresh breath, and healthier gums.

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

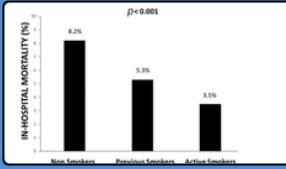
1 Smoking increases metalloproteinase (MMPs) production, an enzyme that breaks down collagen, causing sagging skin and loss of firmness.

2 Smoking causes 90% of lung cancer deaths and 80% of deaths from COPD.

3 Smokers have a 52% higher risk of developing SCC (squamous cell carcinoma).

In 2021, tobacco use was highest among adults aged 25–64 years

4 Melanoma survival rates drop by 40% for smokers.



IMPACT ON YOUR HEALTH



- Decreased lung capacity, chronic conditions like COPD, and accelerated alveoli destruction.
- Smokers face higher chances of wound infections and complications after surgery and chances of amputation.
- Smoking depletes calcium and slows new bone tissue production which leads to slower healing from minor injuries like sprains.
- Smoking irritates your digestive system and lead to acid reflux, stomach ulcers, and cancers of the stomach, pancreas, and esophagus.
- Smoking often leads to obesity, high blood pressure, high triglycerides, low HDL cholesterol, and insulin resistance—a dangerous mix for cardiovascular health.
- For Men:** Erectile dysfunction caused by smoking is progressive and often irreversible.
- For Women:** Increased risk of ectopic pregnancies and complications during childbirth.
- For Parents-to-Be:** Smoking during pregnancy increases the likelihood of your baby being born with a cleft lip or palate.

Physical Activity and Fitness

WHAT IS THIS INDICATOR ?



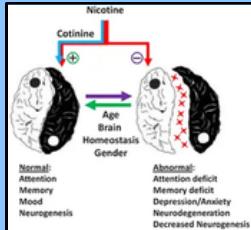
This phase of life (31 - 60) is typically marked by peak physical capacity, but smoking can severely impair these abilities. The connection between smoking and fitness is stark and that's what this indicator will explain.

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

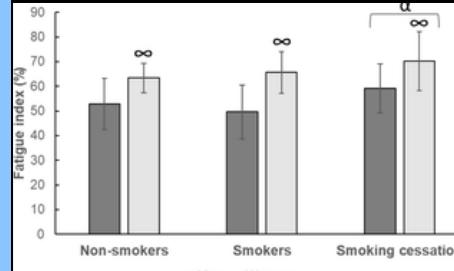
REDUCED PERFORMANCE



- Nicotine provides a temporary boost by stimulating your adrenal glands, but the effect fades quickly, leaving you more fatigued.
- Smoking thickens your blood, increasing the risk of clots and raising the chances of heart attacks or strokes, especially during physical activity.
- Smokers experience 1.9x more memory loss compared to non-smokers over five years.
- Your ability to adapt to new tasks and think on your feet declines 2.4x faster than non-smokers.
- While others your age remain sharp, your cognitive function declines by 1.7x faster.
- By older adulthood, smoking significantly reduces your physiological reserve, limiting your ability to stay active and independent.



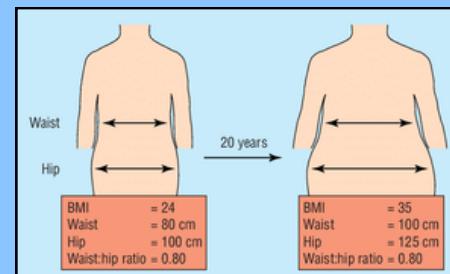
1 MIN of smoking: Heart rate starts increasing
10 MIN of smoking: Heart rate rises upto 30%



YOUR FITNESS AND HEALTH



- Simple tasks like climbing stairs or carrying groceries may feel harder than before.
- You may experience delayed recovery, increased soreness, and muscle fatigue even after mild exertion.
- Type I (endurance) and Type II (strength) muscle fibers shrink due to smoking-induced systemic inflammation.
- Common injuries like cuts, bruises, fractures, and sprains may cause prolonged pain and dependency on medical support.
- Lower energy → Avoid physical activity → Weight gain → Difficulty quitting smoking → Vicious cycle
- Smoking causes more fat storage around the abdomen, increasing risks of diabetes and heart disease.
- Central obesity (abdominal fat) is particularly dangerous when paired with smoking.



Respiratory and Sensory Health

WHAT IS THIS INDICATOR ?

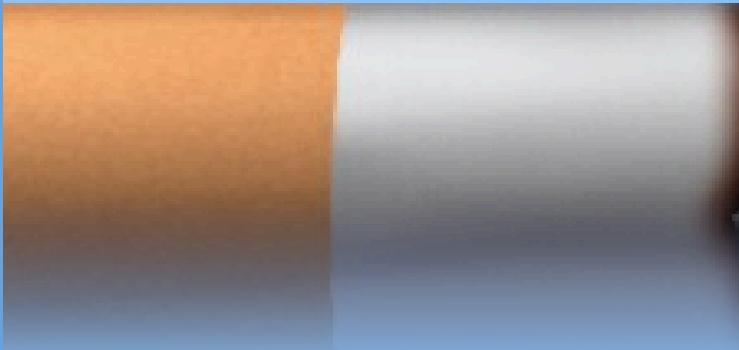
Your lungs and senses play a vital role in how you experience and navigate the world. Smoking, undermines these functions in ways that might not be immediately obvious but are undeniably damaging.

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

RESPIRATORY SYSTEM



- You're likely experiencing chronic irritation and inflammation, which may lead to Chronic Obstructive Pulmonary Disease (COPD) and emphysema.
- Smoking paralyzes cilia (tiny hair-like structures) in your airways, making it harder for your body to expel harmful particles.
- Signs You May Already Be Experiencing:
 - Persistent coughing, wheezing, or shortness of breath.
 - Difficulty breathing, especially during light physical activity.
 - Morning cough with mucus buildup.
- You might feel fatigued, dizzy, or lightheaded because your body isn't getting the oxygen it needs.
- You are at risk for:
 - Paralysis (loss of body control).
 - Slurred speech and memory problems.
 - Death (stroke is the 5th leading cause of death in the U.S.).



SILENT KILLER



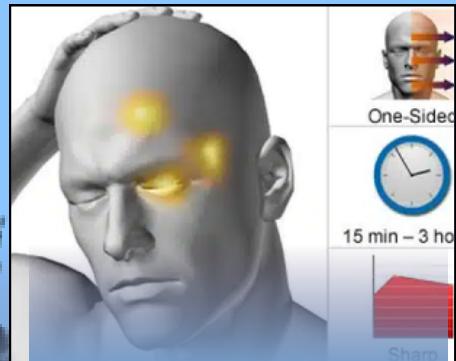
- The impact isn't just on you. If you're around children, your secondhand smoke increases their risk of serious infections like meningococcal disease and ear infections (otitis media).
 - Pneumonia: Your risk is 2.4 times higher.
 - OA-LRTI (Other Acute Lower Respiratory Tract Infections): Your risk is 2 times higher.
 - Influenza: Your risk is nearly double, at 1.82 times higher.
- The more cigarettes you smoke, the higher your risk climbs
- Dulls your senses of taste by damaging nerve endings.



- Your vocal cords become dry and irritated, leading to a hoarse or raspy voice.
- Smoking reduces blood flow to your skin, causing wrinkles, dull complexion, and slower healing of wounds.

HEART & OXYGEN

- Carbon monoxide binds to hemoglobin 200x more than oxygen, leaving less oxygen for your brain and heart.
- As a smoker, your blood's carboxyhemoglobin levels are 5-8% compared to 1-3% in non-smokers. This keeps your body in a constant oxygen deficit.
- Your heart works harder to compensate, increasing the risk of:
 - Heart failure due to overexertion.
 - Heart attack from prolonged oxygen deprivation.
- Smoking delivers nicotine to your bloodstream, which increases your cerebral blood flow by 30%.
- Your smoking habit is reducing the oxygen supply to your brain, making cluster headaches more intense and frequent.
- You are 2-4 times more likely to develop severe infections such as pneumonia, flu, and tuberculosis (TB).
- If you're experiencing weaker grip strength or difficulty with physical tasks, it could be a sign of inflammation, overuse, or even more severe conditions like arthritis or cardiovascular issues, which smoking exacerbates.
- Smoking increases your risk of cataracts and age-related macular degeneration (AMD), potentially leading to vision loss.



SMOKE'S HIDDEN DAMAGE



- Smoking increases your risk of cataracts and age-related macular degeneration (AMD), potentially leading to vision loss.
- Smoking silently damages lungs, causing loss of capacity and difficulty breathing by middle age.
- Smoking worsens asthma symptoms by inflaming airways, leading to wheezing and shortness of breath.
- Heavy smoking increases risks of throat, mouth, and larynx cancers, often unnoticed until late stages.
- What's Happening in Your Body:
 - Immune Suppression: Smoking makes you more vulnerable to bacteria, viruses, and fungal infections.
 - Cilia Damage: The tiny hair-like structures in your lungs that protect against pathogens are impaired.
 - Structural Changes: Smoking damages the lining of your airways, making infections easier to contract.

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.

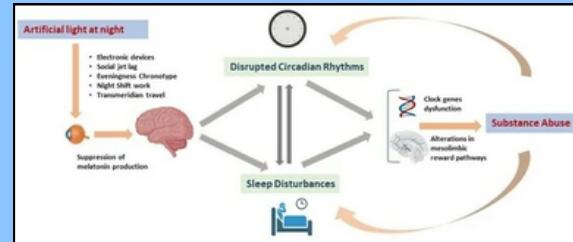
DOCTORS' WARNINGS

- Your doctor sees **early signs** of damage like airway inflammation, reduced lung function, or narrowed blood vessels, which might feel invisible to you.
- Ignoring medical advice now could mean skipping early interventions for precancerous conditions or lung damage.
- Conditions like **lung or throat cancer** may only become apparent in late stages.
- Your doctor isn't trying to scare you—they are trying to prevent irreversible harm from occurring by giving you a clear warning based on the heavy toll smoking has already started to take on your body.
- About **60.2%, 57.5% and 66.5%** of the smokers, smokeless tobacco (SLT) users and non-users were aware of the adverse effects of tobacco, respectively.
- Avoiding medical advice now means more frequent hospitalizations in the future



SMOKING & SLEEP

- Nicotine wears off during the night, causing withdrawal-like symptoms that wake you up multiple times.
- The Impact of Withdrawal Symptoms at Night
 - **Restlessness:** You may wake up feeling irritable or anxious as your body craves nicotine.
 - **Physical discomfort:** Symptoms like sweating or a racing heart disrupt your sleep further.
 - **Night time cravings:** Withdrawal can wake you up, making it harder to return to sleep.
- Lack of restorative sleep leads to mental fog, irritability, and reduced focus, further fueling your smoking habit.
- You might smoke to "wake yourself up," which only worsens your sleep that night.
- Over time, this impacts your mood, memory, and decision-making abilities, affecting both your personal and professional life.
- If you're a heavy smoker, you're **3.35 times more likely** to suffer from insomnia compared to nonsmokers.



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.

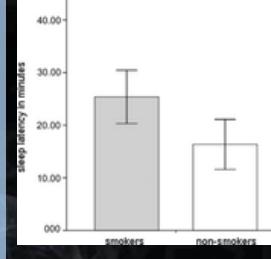


WHY YOU HEAR OFTEN



OVERALL PICTURE

- **Gingivitis:** This is the early stage where your gums may feel swollen, red, or tender.
- **Periodontitis:** where the structures holding your teeth in place start breaking down.
- Your suppressed immune system makes infections like cavities and gum disease more likely.
- Smoking dramatically increases your risk of cancers in the mouth, throat, or jaw.
- **56% of smokers avoid dental visits** due to costs or lack of insurance.
- Smoking thickens saliva, speeding up plaque and tartar buildup.
- Even brushing twice daily can't offset the damage from smoking.
- Issues like stained teeth and bad breath can harm relationships, career, and self-esteem.
- A study of 696 security guards revealed:
 - 40.1% used tobacco, with 11.4% developing oral disorders.
- Smoking dries out your mouth, creating a perfect environment for bacteria to thrive.



- Your gums may bleed while brushing or flossing—a sign of gum disease caused by reduced blood flow.
- As a heavy smoker, your risk skyrockets, making you 4 to 5 times more likely to develop severe gum disease
- **Yellow or brown discoloration** and regular sores
- **What You're Already Experiencing**
 - Increased sensitivity to hot, cold, or sweet foods due to enamel damage.
 - Frequent mouth infections or ulcers with prolonged healing times.
 - Worsening gum recession and eventual loss of teeth.



Non-smokers wake up ready to seize the day; smokers wake up ready to seize the coffee—and maybe a cigarette or two.

Smokers v/s Non-Smokers

Reality Check

Smoker	Non Smoker
You feel shortness of breath, chronic coughing ("smoker's cough"), and wheezing. Over time, you risk developing chronic obstructive pulmonary disease (COPD), emphysema, or lung cancer.	Their lungs are clear and functioning optimally, allowing you to breathe easily and stay active without discomfort.
Your blood thickens, your heart rate increases, and your blood vessels weaken. You're at a higher risk of heart attacks and strokes—even in your 40s. Smokers are more likely to die from heart-related diseases.	Their heart works efficiently, maintaining healthy blood pressure and significantly reducing your risk of cardiovascular events.
Your immune system is compromised, leaving you prone to frequent infections, slower recovery times, and prolonged wound healing.	Their immune system fights infections effectively, and you heal faster from illnesses and injuries.
Your risk of type 2 diabetes is 30–40% higher. If you already have diabetes, smoking worsens complications like kidney failure and vision loss.	They are at a much lower risk of developing diabetes and its complications.
Cigarette toxins dull your taste buds and sense of smell. Over time, food loses flavor, and detecting scents becomes harder.	enjoy sharp taste and smell, enhancing your quality of life.
Nicotine disrupts your sleep, leading to insomnia, frequent waking, and morning fatigue.	They enjoy restful sleep cycles and wake up refreshed.
You are at a higher risk of gum disease, tooth loss, bad breath, and oral cancer. Smoking delays healing after dental procedures and causes severe tooth discoloration.	Healthy gums, fresh breath, minimal tooth staining, and faster healing make oral health easier to maintain.
You frequently face warnings about serious health risks, and your medications may be less effective due to smoking's interference with your body's healing process.	Fewer health warnings and faster recovery from illnesses contribute to a higher quality of life.
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 age faster—so while non-smokers are celebrating their youthful 40s, smokers are shopping for a senior discount at 45.

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 30.1% of smokers are unaware smoking is a leading cause of lung cancer.

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



- Smoking raises LDL (bad cholesterol) and lowers HDL (good cholesterol), increasing clot risks.
- Varicose veins and spider veins can worsen, leading to conditions like deep vein thrombosis (DVT) and pulmonary embolism.
- Smoking alters gene function, silencing protective genes and promoting cancer development.



- Your bones are thinner and more fragile, making fractures more likely.
- Smoking reduces blood flow to bones, impairs calcium absorption, and alters hormones, weakening your bones.
- Smoking weakens the esophageal sphincter, causing stomach acid to flow back into the esophagus, leading to persistent heartburn.
- Smoking restricts blood flow to the penis, making erections difficult or impossible.
- Affects up to 90% of male smokers aged 60+, often unspoken due to embarrassment.
- Reduced oxygen leaves your skin lifeless.
- Wrinkles and sagging appear earlier than in non-smokers.

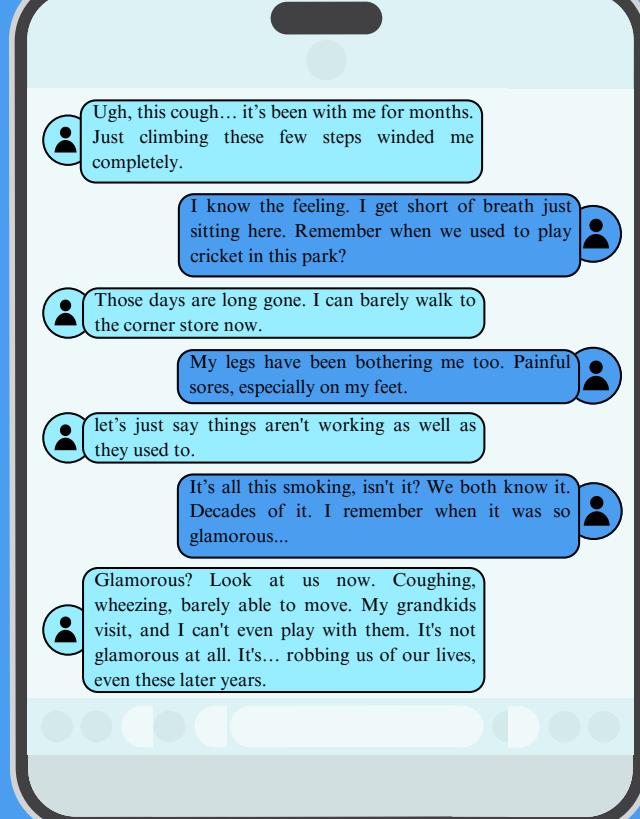
IMPACT ON YOUR HEALTH



- Persistent coughing, wheezing, and shortness of breath are already affecting or will soon affect your daily life.
- Your lungs' air sacs are likely damaged, leaving you gasping for air, even during rest.
- Narrowing of chest cavity (kyphosis) reduces lung volume, leading to difficulty breathing.
- Smoking destroys alveoli (tiny lung sacs) responsible for oxygen exchange; this damage cannot be reversed.
- Smoking-induced inflammation breaks down muscle proteins, reducing strength and endurance.
- Smoking accelerates the aging of your small airway epithelium, contributing to faster aging and weaker immunity.
- Each cigarette thickens arteries, raises blood pressure, and increases the risk of heart disease and stroke.
- If you are 65–75 and have smoked, the risk of a life-threatening abdominal aortic aneurysm increases.
- Smoking can lead to gangrene, where reduced blood flow causes tissue death, potentially resulting in blackened tissue and limb amputation.



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



- **Years of smoking add 7–11 years** to your functional age, slowing your ability to complete tasks like rising from a chair or walking.
- **Difficulty opening jars** or holding heavy items. Weak grip strength also predicts reduced independence as you age.
- **Smoking reduces your body's ability** to process vitamin D, which is crucial for muscle and bone health.
- **Fatigue** sets in quickly during any activity, and recovery takes longer than before.
- **Smoking damages the endothelium**, reducing nitric oxide production, which keeps blood vessels open and healthy¹.
- A **lingering cough** that brings up mucus is a sign of chronic bronchitis caused by inflamed airways from years of smoking.
- **Body fat** is distributed in an apple-shaped pattern, worsening posture and overall health.

- Smoking shifts fat to your abdomen, increasing **waist-to-hip ratio**.
- **Obese smokers** have significantly shorter life expectancies, with up to 13 fewer years compared to healthy nonsmokers.



of smoking:
Heart rate starts increasing



of smoking:
Heart rate rises upto 30%

YOUR FITNESS AND HEALTH

You may feel

- You may feel tired or drained even after light activities like cooking or cleaning.
- This fatigue can feel overwhelming, making it hard to stay active throughout the day

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

Damages the blood-brain barrier

- Accelerates brain shrinkage and memory loss.
- Increases forgetfulness, mood swings, and neurodegeneration.

- 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



- **Your airways are constantly inflamed**, making it difficult to breathe.
- You may have no symptoms at first, but smoking directly increases your chances of **developing lung cancer**.
- Smoking reduces lung capacity by up to 257 mL per year, making simple activities like climbing stairs or walking harder.
- If your spouse smokes, your lung cancer risk increases by **1.24 to 1.34 times**.
- **Smoking directly contributes to** the growth of abnormal cells that form lumps, masses, or tumors in your lungs.
- **Studies have shown a 35% to over 300%** increased risk of developing these chronic respiratory issues due to ETS.
- A **sudden change** in your cough, blood in sputum, or unexplained weight loss may be warning signs of lung cancer

Every 26 minutes, one Australian dies due to smoking-related illness. If your cough has been persisting for eight weeks or longer, you are likely to have a chronic condition.

Binds to haemoglobin in your blood 200 times more tightly than oxygen, reducing oxygen supply to your organs. Heavy smokers have 5–8% carboxyhaemoglobin levels, while non-smokers only have 1–3%. The body removes some carbon monoxide overnight, but morning smoking spikes levels again. This daily cycle keeps your body in a constant state of stress and oxygen shortage. You may experience **sudden, clustered headaches (CH)** that feel like a stabbing pain on one side of your head.

Nicotine might also irritate the trigeminal nerve, which is responsible for the severe pain and cranial symptoms associated with CH. If you are **65+**, your chances of developing pneumonia are **120% higher** than a non-smoker.

Smoking decreases oxygen supply to the cochlea, resulting in irreversible sensorineural hearing loss. The protective rate of vaccines in smokers is significantly lower—21% compared to 39% in non-smokers.

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.

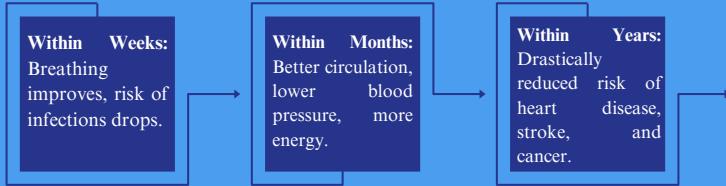


Smokers are 30% more likely to visit a doctor for respiratory complaints than non-smokers of the same age.

DOCTORS' WARNINGS

- **30% more doctor visits** for respiratory issues in smokers over 60.
- **15 times more likely** to get a lung function warning if you smoke 20+ cigarettes daily.

It's Never Too Late to Quit



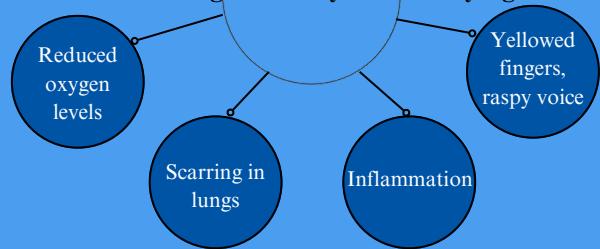
It's important to understand that **smoking cessation** is about more than just adding years to your life; it's about enhancing the quality of those years. By quitting now, you can look forward to more energy, better mobility, and fewer hospital visits.

SLEEPING HABITS

- When you reduce or quit smoking, your body experiences nicotine withdrawal, especially at night.
- This withdrawal makes it harder to fall asleep and stay asleep.
- Symptoms like irritability, headaches, and vivid dreams make restful sleep difficult.
- You may wake up frequently, feeling agitated and craving a cigarette.
- Nicotine falsely relaxes you but overstimulates your brain, preventing deep sleep.
- Poor sleep increases stress, making you more likely to smoke for relief.
- As you age, your body struggles more to recover from this harmful cycle.
- Studies show 62.9% of older smokers suffer from poor sleep quality.
- 56.5% are at high risk of sleep apnea—a condition that stops your breathing while sleeping.
- Sleep apnea strains your heart, increasing risks of heart disease and stroke.
- As a smoker, you're more likely to develop insomnia, a condition where you have trouble falling or staying asleep. Insomnia can become chronic, requiring professional treatment.

YOUR DOCTOR SEES IT

Doctors don't guess—they detect early signs



- **Chronic Obstructive Pulmonary Disease (COPD)** could leave you dependent on oxygen tanks, struggling to breathe.
- **Heart disease and stroke** could take away your independence, making you reliant on caregivers.

SMOKING & SLEEP

- **You may have noticed** that your sleep isn't as restful as it used to be.
- **Smoking keeps your nervous system active**, making it harder for your body to relax and fall into deep sleep.

Consequences of Poor Sleep

- 1 **Mental health struggles** – Increased stress, anxiety, and depression.
- 2 **Higher pain sensitivity** – Making chronic aches and pains worse.
- 3 **Cognitive decline** – Memory loss, confusion, and difficulty focusing.

THE HIDDEN DANGERS

You become more prone to infections. 

Withdrawal symptoms worsen without enough rest. 

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

Indicator 5

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.
- Smokers 60+** face double the risk of losing teeth.
- Plaque and tartar** weaken teeth, causing decay.
- Persistent Bad Breath** (Halitosis): Smoking dries your mouth, allowing bacteria to thrive.
- Stained, Yellow Teeth**: Nicotine & tar cause discoloration that brushing can't remove.
- Bleeding or Receding Gums**: Early sign of gum disease due to poor blood circulation.
- White or red patches** on the inside of your cheeks, gums, or tongue. These patches are warning signs of tissue damage caused by smoking.
- Dry Mouth**: Less saliva means more bacteria and infections.

WHAT'S HAPPENING ?

- Without intervention**, you may lose most—if not all—of your teeth. Many heavy smokers need dentures by their 60s or 70s.
- Your jawbone weakens**, changing your facial structure and making eating and speaking difficult.
- Untreated infections** can cause abscesses, leading to extreme pain, fever, and even life-threatening sepsis.
- By now, smoking has likely caused** your gum disease to progress to periodontitis, which damages the soft tissue and bone supporting your teeth.
- Masks Symptoms:** Reduced blood flow hides warning signs like gum redness and swelling.
- Wider Health Risks:** Smoking-related oral infections increase your risk of heart disease, stroke, and lung infections.
- Social Impact:** Bad breath, stained teeth, and tooth loss can affect your self-confidence and interactions.
- Swelling or Thickened Areas:** Abnormal cell growth could be occurring.



Smoker v/s Non Smoker

Reality Check

Smoker	Non Smoker
Your immune system is weaker, leaving you vulnerable to infections. Even minor cuts can take weeks to heal, and surgical wounds are prone to infections.	Your immune system fights infections better, and wounds heal quickly due to good blood circulation.
Aging happens faster. Your bones weaken, arthritis worsens, and mobility declines. You may become dependent on oxygen therapy or experience severe mobility issues.	Your aging process is slower. You stay independent longer, with stronger bones, fewer chronic conditions, and better mobility.
Your life expectancy is reduced by 10-15 years. Frequent hospital visits, medications, and breathing issues may limit your daily activities.	You are more likely to live longer and healthier, staying active and independent well into your later years.
Your arteries have hardened, raising your risk of high blood pressure, strokes, and heart disease. Your heart works harder to compensate, leading to fatigue and complications.	Your arteries remain flexible, supporting healthy blood pressure and circulation. Your heart functions more efficiently, reducing disease risks.

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!