

# Tobacco User's Body



## Brain

- Tobacco use can cause strokes.
- Nicotine increases alertness and short-term memory.
- Nicotine, carbon monoxide, and other chemicals damage blood vessels and cause clots.
- Chemicals in tobacco are addictive.

## Lung

- Tobacco is the leading cause of all cancer deaths. Nine out of ten lung cancers are caused by tobacco.
- The chemicals found in tobacco damage lung tissue. They cause narrowing of the airways and lead to chronic pulmonary diseases.
- Smoking worsens asthma and bronchitis.
- Tobacco use increases the risk of tuberculosis.

## Stomach

- Stomach cancer is the second most common cancer in the world. Tobacco use greatly increases the risk of stomach cancer and peptic ulcers.

## Reproductive System

Tobacco use reduces fertility in both males and females.

- In men, tobacco use affects sperm quality, decreases sperm counts and reduces the volume of semen.
- Smoking can deform sperm and damage DNA.
- Smoking increases the risk of erectile dysfunction.
- In women, tobacco use increases the risk of cervical cancer.

## Eye

- Tobacco use causes irreversible damage to the back of the eye.
- It also increases the chance of developing cataracts, a condition which can lead to blindness.
- The chemicals in tobacco, such as ammonia and formaldehyde, irritate the eye and cause discomfort.

## Mouth and Throat

- Tobacco use is the primary cause of cancers of the mouth and throat.
- Chewing tobacco causes submucous fibrosis, a pre-cancerous condition, which is very painful.
- Smoking causes cancer of the larynx.
- Tobacco use causes bad breath, stained teeth, and loss of gums.

## Heart

- Tobacco use increases the risk of heart attacks and angina.
- The chemicals in tobacco damage narrow arteries and increase clot formation.
- The carbon monoxide in cigarettes reduces the amount of oxygen carried to the heart.
- Nicotine increases heart rate and blood pressure.

## Pregnant Women

- Tobacco use reduces the birth weight of fetuses during pregnancy.
- Tobacco use increases premature and still births.

## Peripheral Vascular Disease

- Smoking causes inflammation of the arteries, veins, and nerves in the legs. This can lead to restricted blood flow and even amputation of affected limbs.