

Health diseases caused by smoking



Mood Regulation

It might seem that smoking improves mood, but studies show that the pleasure of smoking is due to relief from nicotine withdrawal symptoms.



Anxiety and Irritability

Over time, a smoker becomes more nervous, restless, and experiences an increased sense of anxiety.



Unpleasant Odor

Tobacco smoke settles on surfaces, permeates the skin, hair, clothes, and furniture, creating an unpleasant smell.



Unhealthy Teeth

Yellowed teeth, bad breath, and increased bacteria can lead to infections and increase the risk of tooth loss.



Bronchitis

Increased risk of bronchitis. Smokers also have a higher likelihood of developing lung infections, tuberculosis, and other lung diseases.



Persistent Cough

A persistent cough, hoarse voice, and wheezing are often early signs of obstructive lung disease.



Heart Disease

Smokers are twice as likely to develop cardiovascular diseases. 25% of heart-related deaths are associated with smoking. Passive smoking can increase heart disease risk by 25-30%.



Cholesterol Levels

Smoking reduces the level of "good" cholesterol (HDL) in the blood and increases "bad" cholesterol levels.



Immune System

Smoking suppresses the immune system. Smokers are more likely to suffer from upper respiratory infections.



Infertility

Smoking negatively affects both male and female fertility, leading to shorter fertility duration and decreased ability to conceive.



Erectile Dysfunction

Due to blood vessel damage, smoking increases the likelihood of erectile dysfunction. It can also reduce testosterone levels in men.



Diabetes Complications

Smokers have a higher risk of developing type 2 diabetes. Smoking increases insulin resistance, making diabetes management more difficult and leading to complications with organs like the kidneys, heart, and eyes.



Blood Clotting

Smoking promotes blood clotting, increasing the adhesion of thrombocytes (blood clotting cells).



Early Menopause

Smoking women may experience earlier onset of menopause and may also suffer from hot flashes.



Vision Disorders

Smoking increases the risk of vision impairment, including retinal damage and cataracts. Smoke can also cause allergies and conjunctivitis.



Taste and Smell Impairments

Chemicals in cigarette smoke are toxic to the respiratory epithelium. Regular exposure dulls the sense of smell and taste.



Lung Cancer

Smoking causes 80-90% of lung cancer cases. Smokers are up to 20 times more likely to develop lung cancer than non-smokers.



COPD

Smoking causes 8-10 out of every 10 cases of chronic obstructive pulmonary disease (COPD). Although the disease is incurable, its progression slows significantly if one stops smoking.



Poor Appetite

Due to suppressed nerve endings, smokers may not feel hungry, which can lead to poor appetite.



Narrowed Blood Vessels

Nicotine narrows blood vessels, making the heart pump harder, raising blood pressure.



Cervical Cancer

Smoking increases the risk of cervical cancer by twofold. The risk is especially high with prolonged and intense tobacco use.



Yellowed Fingers

Due to constant exposure to cigarettes, smokers' fingers and nails may become yellow.



Pregnancy Complications and Newborn Risks

Smoking can increase the risk of preterm birth by 25%. Smoking during pregnancy significantly raises the risk of low birth weight, perinatal deaths, premature labor, and complications during pregnancy and delivery.



Skin Aging

Smoking accelerates skin aging. Smokers' skin tends to wrinkle and become grayish and dull earlier than non-smokers'.



Other Cancers

Smoking and tobacco smoke increase the risk of cancers in the mouth, throat, stomach, bladder, and kidneys.



Blood Cancer Risk

Smoking increases the risk of blood cancers, such as leukemia.