INTHE KNOW:

# Tobacco



**Cigarettes** and other tobacco products damage nearly every organ in the body. These products

How It Affects the Body

cause a number of diseases and also increase the likelihood that a user will **develop** other long-term health problems. Just by itself, cigarette smoking is the leading preventable cause of death in the U.S. Quitting tobacco can add years to a person's life, but it's best to not even start using these products in the first place.



#### BRAIN

Strokes
Addiction
Alzheimer's disease

### MOLATH

**Stained Teeth** 

Bad Breath
Gum Disease
Periodontitis
Oral Cancer
Esophageal Cancer
Tongue & Soft Palate Cancer



## Lung Cancer Asthma Tuberculosis

Emphysema
Chronic Bronchitis



#### HEART

Atherosclerosis
Heart Attack
Heart Disease
High Blood Pressure
Aortic Aneurysm



#### STOMACH

Stomach Cancer
Peptic Ulcers
Liver Cancer
Colorectal Cancer



#### LIVER

Liver Cancer
Hepatitis B & C
Liver fibrosis



Pancreatic Cancer
Type 2 Diabetes



#### KIDNEYS

Kidney Cancer
Ureter Cancer
Bladder Cancer



#### BONESHBLOOD

Rheumatoid Arthritis
Acute Myeloid
Leukemia
Osteoporosis





#### For Women:

Reduced Fertility
Cervical Cancer
Early Menopause



#### For Men:

Erectile Dysfunction
Lower Sperm Count
Damaged Sperm

### SMOKING WHILE PREGNANT RAISES THE RISK OF:

Stillbirth
Preterm Delivery
Ectopic Pregnancy
Low Birth Weight
Orafacial Clefts in Infants
Sudden Infant Death Syndrome



Quit-or Better Yet-Don't Start!