

Health Effects of Smoking



Ears
Hearing loss



Throat
Cancer, voice deepening



Lungs
Wheezing, trouble breathing or shortness of breath, pain and tightness in the chest, frequent coughing or heavy chest colds, emphysema, chronic bronchitis, chronic obstructive pulmonary disease or asthma, lung cancer



Stomach
Stomach ulcers



Blood
High blood pressure, increased white blood cell count, weakened immune system, taking longer to heal



Brain
Stroke



Eyes
Cataracts, blindness, loss of night vision



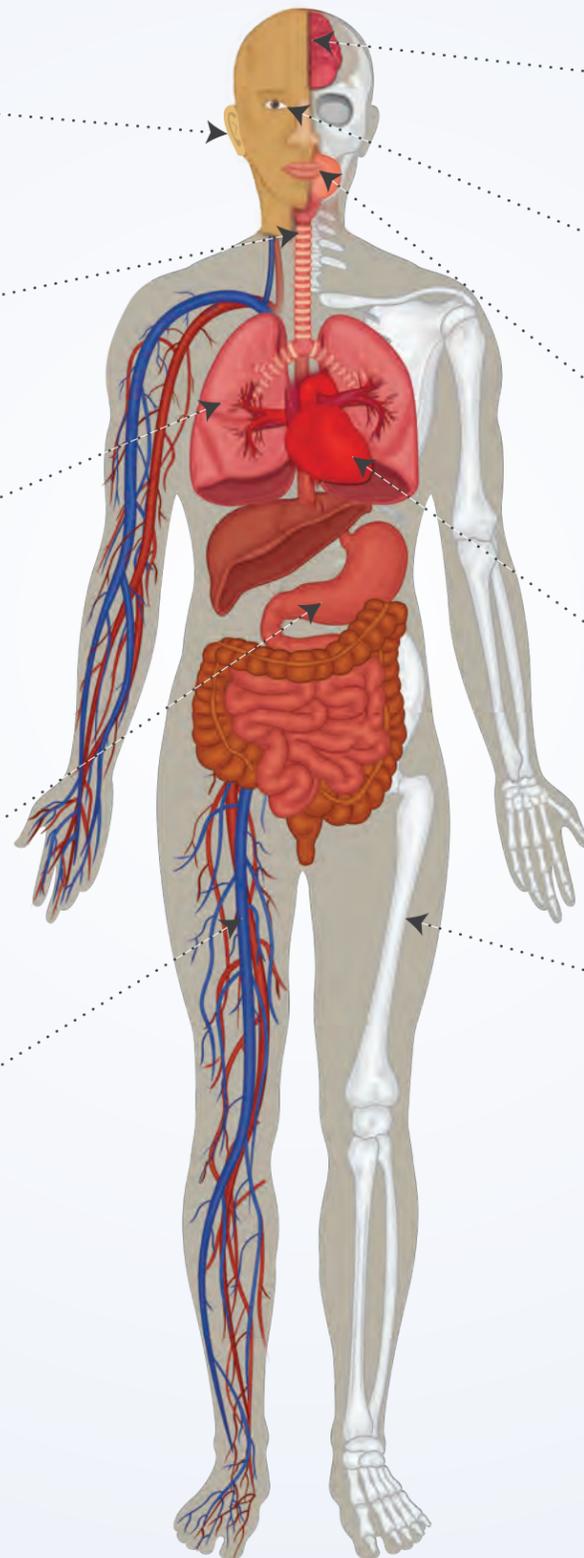
Mouth
Oral cancer, cavities, bad breath, sores in the mouth



Heart
Heart disease, heart attack, bad circulation, tingling in hands and feet



Bones
Bone disease, bone density loss, more broken bones



Smoking affects many parts of the body

Smoking increases the risk of many types of cancer including:

- lung
- throat
- mouth
- esophageal
- stomach
- kidney
- bladder
- cervical

If you smoke, you are **10 times** more likely to get cancer than a person who has never smoked.

smokefree60+