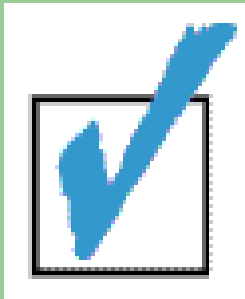


Physical Affects of Smoking

*Going for the 3 Increases: Increase in Health, Increase in Happiness
& Increase in Energy*

Strategies for
Success in Health
Management

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Smoking Harms Your Lungs

- Lung cancer is the top cancer killer of men and women in the U.S.
- Of those who die from the disease, 9 out of 10 deaths are due to smoking
- Cigarettes can also damage the lungs in other ways, making you more vulnerable to breathing problems & dangerous infections like pneumonia

Smokers tend to have:

- More rapid heart rate
- poorer circulation
- More shortness of breath



Smoking Increases Your Risk of Getting Oral Cancer

- Compared to nonsmokers, people who smoke or use smokeless tobacco products are more likely to develop oral cancer
- Smokers who are also heavy drinkers are 15 times more likely to develop this form of cancer
- The most common symptoms include a sore patch on the tongue, lips, gums, or other area inside the mouth that doesn't go away and may be painful
- Quitting smoking lowers the risk for oral cancer substantially within a few years.



Smoking Affects Your Heart

Smoking affects nearly every organ in the body, including the heart.

- Arteries that carry blood to the heart become narrowed over time
- Smoking increases blood pressure
- Smoking makes it easier for blood to clot
- These factors raise the odds of having a heart attack



Brittle Bones come from Smoking

- Smoking raises your risk of developing weakened bones, or osteoporosis
- This condition increases your risk for bone fractures including those of the spine
- Osteoporosis causes the spine to curve leaving you hunched over



How Quitting Smoking Can Improve Your Health

- In just 20 minutes of quitting smoking, blood pressure & heart rate return to normal
- Within 24 hours, your heart attack risk begins falling
- In the first weeks after quitting, tiny cilia start back to work sweeping irritants out of the lungs
- Within a year, your risk of developing heart disease drops to half that of people who still smoke
- After 10 smoke-free years, you're no more likely to die of lung cancer than someone who never smoked



Women Who Smoke Have Reproductive Problems

- Women who smoke have a tougher time getting pregnant and giving birth to a healthy baby
- Cigarettes have been linked to fertility problems
- Smoking during pregnancy raises the odds of having a miscarriage, premature birth, or delivering a low-birth-weight infant



Women Who Smoke Experience Early Menopause

Menopause-phase when female hormones decline & menstrual cycle stops for good is experienced by most women around age 50

But

- Smokers reach menopause an average of 1 1/2 years earlier than women who don't smoke
- The effect is strongest in women who have smoked heavily for many years



Smoking Increases Risk of Cataracts

- Even the eyes are vulnerable to tobacco's reach
- Smoking makes you more likely to develop cataracts as you age
- These are cloudy areas on the lens of the eye that keep light from reaching the retina
- If they cause serious vision problems, they are treated with surgery



Smoking Damages Teeth & Gums

- Yellow teeth are one of the most notorious effects of long-term smoking, but the dental damage doesn't stop there

People who smoke tend to develop:

- Gum disease
- Persistent bad breath
- Other oral hygiene problems
- Smokers are twice as likely to lose teeth as nonsmokers



Smoking Increases Risk of Psoriasis

- Psoriasis is a chronic condition that most often causes thick, scaly patches on the skin
- Psoriasis usually occurs on knees, elbows, scalp, hands, feet, or back
- Psoriasis patches may be white, red, or silver
- Recent studies suggest smokers have a greater risk of developing psoriasis



Smoking Increase Risk of Hair Loss

- Both men and women tend to develop thinner hair as they age, and smoking can accelerate this process
- Some studies even suggest people who smoke are more likely to go bald
- Researchers in Taiwan have identified smoking as a clear risk factor for male-pattern baldness in Asian men



Smoking Causes Stained Fingers

- Think your hand looks sexy with a cigarette perched between your fingers?
- If you've been smoking for awhile, take a good look at your fingernails and the skin of your hands
- Tobacco can actually stain the skin and nails, as well as the teeth
- Good news is these stains tend to fade when you quit smoking



Smoking Causes Age Spots

- Age spots are blotches of darker skin color that are common on the face and hands
- While anyone can develop these spots from spending too much time in the sun, research suggests smokers are more susceptible



Other Observable Impacts of Smoking

There are more than 4,000 chemicals in tobacco smoke & many of them trigger destruction of collagen & elastin resulting in:

- Lines around the lips
- Crow's feet eye wrinkles
- Sagging arms & breasts
- Sagging skin
- Poor skin tone



Lastly Cigarette Stench Turns Others Off!

- Quitting smoking gets rid of the lingering smell of tobacco in your breath, hair, and clothes
- This toxic odor is a turnoff to nonsmokers and can even harm people around you, especially small children



So Has This Helped You to Decide?

Are you ready to Quit?

If you want to Quit and want support in the process consider joining the Smoking Cessation Support Group in this Medical Clinic

Ask your Doctor or the Behavioral Health Consultant in your Clinic for help in making and following through with a plan to quit smoking to strengthen your health and improve your overall life