Health Effects

Smoking can harm you in many ways. Here are some of the ways smoking damages your body. If you continue to smoke, you could develop:

- Lung cancer
- Throat/mouth/tongue cancer
- More wrinkles
- Impotence
- Fertility problems
- Emphysema
- More colds and upper respiratory infections
- Stroke
- Heart attack
- Stomach ulcers
- Cough
- Shortness of breath
- Circulatory problems (cold hands and feet)
- Poor night vision

A non-smoker has:

- More energy and can breathe easier
- No more smoker's cough
- Fewer colds and less chest infections
- Fresher breath, hair and clothes
- Whiter teeth
- Fewer wrinkles at a younger age
- Fingers that are not stained
- Lower risk for heart disease
- Lower risk for lung cancer
- Lower risk of having a small, sick premature baby
- A better chance of having a long, full, healthy life
- More self-confidence
- Less stress
- Freedom

Smoking kills more Americans every year than AIDS, drugs, car accidents, suicides, homicides, and alcohol COMBINED!