Tobacco is packed with harmful and addictive substances. Scientific evidence has shown conclusively that all forms of tobacco cause health problems throughout life, frequently resulting in death or disability.

Smokers have markedly increased risks of multiple cancers, particularly lung cancer, and are at far greater risk of heart disease, strokes, emphysema and many other fatal and non-fatal diseases. If they chew tobacco, they risk cancer of the lip, tongue and mouth.

Women suffer additional health risks. Smoking in pregnancy is dangerous to the mother as well as to the foetus, especially in poor countries where health facilities are inadequate.

Maternal smoking is not only harmful during pregnancy, but has long-term effects on the baby after birth. This is often compounded by exposure to passive smoking from the mother, father or other adults smoking.

While tobacco kills millions more than it helps, research is underway examining any possible health benefits of nicotine and also trying to find a safe use for tobacco, particularly in the field of genetic modification. The aim is to produce vaccines or human proteins for medical use, or even to clean up soil that has been contaminated with explosives.

Health Risks

Tobacco smoke contains over 4,000 chemicals, some of which have marked irritant properties and some 60 are known or suspected carcinogens.

Deadly chemicals

Tobacco smoke includes as found in Acetone paint stripper floor cleaner Ammonia Arsenic ant poison lighter fuel Butane Cadmium car batteries Carbon monoxide car exhaust fumes DDT insecticide

Napthalene

Hydrogen cyanide gas chambers Methanol rocket fuel

moth balls

Toluene industrial solvent Vinyl chloride plastics

Babes in the womb Smoking in pregnancy

Increased risks:

Spontaneous abortion / miscarriage Ectopic pregnancy Abruptio placentae Placenta praevia Premature rupture of the membranes Premature birth

Foetus:

Smaller infant (for gestational age) Stillborn infant Birth defects, eg congenital limb reduction Increased nicotine receptors in baby's brain Increased likelihood of infant smoking as a teenager Possible physical and mental long-term effects



private statement "Nicotine is the addicting agent in cigarettes."

Brown & Williamson official in 1983

Sworn testimony addictive."

"I believe that nicotine is not CEOs of the seven leading tobacco companies in 1994

HAIR How smoking harms you Smell and staining Parts of the body EYES especially affected **BRAIN AND MENTAL EFFECTS** • Eyes sting, water and blink more by tobacco use • Strokes (cerebrovascular accidents) Blindness (macular degeneration) Addiction / withdrawal Cataracts Altered brain chemistry SKIN Anxiety about harm caused by smoking • Wrinkles. premature ageing NOSE • Less sense of smell HANDS TEETH • Poor circulation (cold fingers): Discoloration and stains peripheral vascular disease Plague • Tar stained fingers Loose teeth • Gum disease (gingivitis) MOUTH AND THROAT Cancers of lips, mouth, throat and larvnx Sore throat • Reduced sense of taste **HEART** · Breath smells of smoke Harms, blocks and weakens 0 arteries of the heart RESPIRATION AND LUNGS Heart attack • Lung cancer • Cough and sputum, shortness of breath CHEST • Colds and flu, pneumonia, asthma Cancer of oesophagus • Chronic obstructive pulmonary disease and emphysema ABDOMEN • Complicates tuberculosis Stomach and duodenal ulcers • Cancer of stomach, pancreas, colon LIVER | Aortic aneurysm Cancer KIDNEYS and BLADDER BONES Cancer Osteoporosis Spine and hip fractures MALE REPRODUCTION Sperm: deformity, loss of motility. FEMALE REPRODUCTION reduced number • Period pains Infertility Earlier menopause Impotence **WOUNDS AND SURGERY** Cancer of cervix Wounds take longer to heal • Infertility and delay in conception Operation wounds take longer to heal Longer to recuperate from surgery BLOOD Leukaemia DIABETES • Noninsulin dependent diabetes mellitus **BURNS** (Type 2, adult-onset) • From fires caused by tobacco LEGS and FEET **IMMUNE SYSTEM** smoking is responsible for • Increased leg pain and gangrene: Weakened peripheral vascular disease • Buerger's Disease