ADDICTION
Nicotine in cigarettes is a powerful drug that can be as addictive as heroin and others how your brain works.

WRINKLES
Smoking makes wrinkles look thicker. It shrinks skin and increases wrinkling.

CATARACTS
The more you smoke, the greater your chance of cataracts — an eye problem that can cause blindness. Every frame smoke increases 25 per cent higher risk of developing cataracts.

MOUTH CANCERS
Smoking is the main reason people get cancer in their tongues and mouths. Smoking makes it harder for your saliva to remove germs in your mouth. Your gum pain, bad breath, and higher chance of gum disease — even if you’re young.

SKIN DAMAGE
Tar from tobacco smoke turns your fingertips yellow and stains your fingernails.

THROAT CANCER
Four out of every five cases of cancer of the esophagus are due to smoking. If you smoke, you’re more than 20 times more likely to die of lung cancer. But long before that, you’ll find your lung capacity decreased. You may become short of breath, and it doesn’t stop you. Even former smokers have a 50 per cent higher risk of developing cataracts.

HEART DISEASE
Smoking is the number one cause of death. It’s dangerous for the heart. Within one minute of your first puff on a cigarette, your heart begins to beat faster. Your blood vessels clamp down, raising your blood pressure and forcing your heart to work harder.

LUNG DISEASE
If you smoke, you’re at least 20 times more likely to die of lung cancer. But long before that, you’ll find your lung capacity decreased. You may become short of breath, and it doesn’t stop you. Even former smokers have a 50 per cent higher risk of developing cataracts.

PSORIASIS
Smokers are twice as likely as non-smokers to develop psoriasis — a disfiguring red and silver rash that can occur anywhere on your body.

SKIN CANCERS
Smokers are twice as likely as non-smokers to develop skin cancer — a disfiguring red and silver rash that can occur anywhere on your body.

STOMACH ULCERS
Smokers are more prone to peptic ulcers. They don’t heal as fast in smokers, and they’re more likely to recur. There’s also growing evidence that smoking may increase the risk of chronic bowel disease.

TOBACCO INDUSTRY’S POSTER CHILD

EIGHTY-FIVE PER CENT OF SMOKERS START BEFORE THEIR 16TH BIRTHDAY. DON’T BECOME A TOBACCO INDUSTRY POSTER CHILD.

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