

# **Effects of Smoking on the Body...**

## **Why is smoking bad for you?**

### **Things that Happen Right Away**

- lungs receive less oxygen
- faster breathing
- faster heartbeat
- increased blood pressure
- muscles can't relax
- tar left in lungs (slows down cilia action)
- sore throat - coughing
- stuffy nose
- bad taste in mouth

### **Things That Happen in the Future**

- breathing problems
- coughing all the time
- more chance of emphysema and bronchitis
- more chance of cancers of the lung (throat, mouth, oesophagus, bladder)
- more chance of heart disease and stroke
- more colds
- body doesn't heal well
- decreased sense of smell and taste
- skin wrinkles (at a younger age)

### **Social Problems**

- smelly hair and clothing
- bad breath
- yellow teeth and fingers
- dirty ashtrays
- littering of cigarette butts
- less money to spend
- disapproval of friends and family
- more smoke-free areas
  - second-hand smoke