

Smoking

Awareness



*“Tobacco kills around 6 million people each year.”**

The health effects of smoking

Lifestyle diseases

Smoking causes disease in nearly every organ in the body and increases your risk of many “lifestyle” diseases.

Disease	What happens:
Cardiovascular disease	Smoking damages the blood vessels - raising the risk of heart attacks and strokes. Smoking 5 cigarettes a day or less can also cause disease.
Respiratory disease	Smoking leads to chronic obstructive pulmonary disease (COPD) and asthma both in smokers and non-smokers.
High blood pressure	Smoking makes the heart beat faster and narrows blood vessels leading to high blood pressure.
High cholesterol	Smoking decreases levels of “good” cholesterol.
Diabetes	Smoking can cause type 2 diabetes (Diabetes mellitus).

Smoking and cancer

Tobacco smoke has more than 50 chemicals that can cause cancer in various parts of your body. It can cause cancer of the lung, oesophagus, larynx (voice box), mouth, throat/pharynx, blood, kidney, liver, pancreas, stomach, cervix, colon, and rectum.

Smoking affects your appearance

Before smoking



After smoking



Yellow eyes
Hollowed cheeks
Bad breath
Yellow teeth
Tooth loss
Smelly clothes
Smelly hair
Hair loss
Early wrinkles
Greying skin

Quitting has an immediate positive impact on your body. Start today!

When smokers quit, they report many positive life changes. They have **more** energy, money to spend, enjoyment in eating, quality life years and free time!

Quitting may require several attempts. Keep trying; don't give up if you fail initially.



HEALTH BENEFITS OF QUITTING

20 minutes	Blood pressure and pulse drop.	1 year	Heart disease risk decreases to half that of a smoker.
12 hours	The carbon monoxide level in your blood drops to normal.	5 -15 years	Risk of stroke and mouth, throat and oesophagus cancers is halved to that of a smoker.
2 weeks - 3 months	Risk of heart attack begins to drop. Lungs start to function better.	10 years	Stroke risk and lung and bladder cancers risk is as low as a non-smoker.
Within 1-9 months	Coughing and shortness of breath reduce.	15 years	Risk of heart attacks is the same as that of a non-smoker.



*Source: World Health Organization, Tobacco Fact Sheet, June 2016

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