

Effects on Body and Organs

The poisons in tobacco travel in your blood to every part of your body. This causes severe effects on the different parts of your body:

- **Eyes** – Smoking harms eyes and increases the risk of two leading causes of blindness: cataracts and degeneration of the retina.
- **Teeth** – Smoking raises the risk of gum disease and losing your teeth.
- **Feet and Legs** – Smoking can cause serious foot and leg problems like infections and ulcers. It can also increase the risk of losing a limb.
- **Blood Sugar** – Smoking raises blood sugar and reduces the body's ability to use insulin, making diabetes harder to control.

Effects on Asthma and Lung Health

- People with asthma have extra risk if they smoke. Smoking clogs their lungs with mucus, which makes it harder to breathe.
- Smoking intensifies the severity of asthma attacks which means more hospital visits and missed school/work.

Effects on Heart Health

- Smoking causes coronary (heart) disease, the #1 cause of death in the U.S.
- The chances of dying from coronary diseases are 2 to 3 times higher for smokers.

- Smoking clogs the arteries which can lead to a heart attack.
- If you have diabetes and smoke, you are much more likely to have a heart attack than if you do not smoke.
- Low-tar cigarettes do not mean that they are good for your heart. The risk of coronary disease remains the same if you smoke them.
- Even in young adults, smokers' heart rates are up to 3 beats per minute faster than those who don't smoke.
- Smokers are 10 times more likely to get vascular disease in the legs.



You can breathe easier, cough and wheeze less, lower your risk of coronary disease, move easier, look better, and be healthier by quitting smoking.

Visit 802Quits.org or call 1-800-QUIT-NOW to connect with a quit counselor today!