

EFFECTS OF TOBACCO USE

Stained teeth	Atherosclerotic peripheral vascular disease
Smoker's breath	Chronic obstructive pulmonary disease
Dulled sense of taste	Unsuccessful pregnancy
Shortness of breath	Intrauterine growth retardation
Stained fingers	Low birth weight, high-risk babies
Increased infant mortality	"Tobacco jitters"
Thickening of artery walls	Reduction of lung efficiency
Formation of blood clots	Chronic bronchitis
Angina	Coronary disease
Emphysema	Peptic ulcer disease
Stomach cancer	Kidney cancer
Pancreatic cancer	Bladder cancer
Esophageal cancer	Oral cancers
Laryngeal cancer	Lung cancer
Constriction of small blood vessels	Increased susceptibility to minor ailments

EFFECTS OF SMOKING ON THE GROWING CHILD:

Impaired intellectual growth	Increased risk for ear infections
Impaired physical growth	Behavioral problems:
Higher incidence of asthma	Lack of self-control
Higher incidence of respiratory problems	Irritability
Increased risk for pneumonia	Disinterest
Increased risk for bronchitis	Hyperactivity

EFFECTS OF TOBACCO SMOKE ON NONSMOKERS:

Asthma
Eye irritation
Throat irritation
Airway irritation
Lung cancer
Chronic obstructive pulmonary disease
Lower respiratory tract infections
Middle ear infections in children
Interferes with developing lungs of growing children

EFFECTS OF SMOKELESS TOBACCO USE:

Leukoplakia (white patches on tongue and gums—sometimes precancerous)
Oral cancer
Tooth decay and loss
Gum recession
Abrasions of tooth enamel
Bad breath