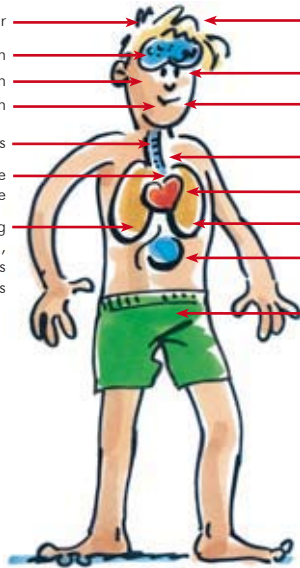


Be Smart, Don't Start.

Effects of Smoking on the Body

Immediate Effects

- Smelly hair
- Less oxygen to the brain
- Bad skin
- Smelly breath, yellow teeth
- More coughs and colds
- Increased heart rate and blood pressure
- Less oxygen to the lungs causing shortness of breath, reduced fitness and asthma attacks



Long Term Effects

- Stroke
- Blindness
- Gum disease, leads to tooth loss
- Mouth and throat cancer
- Heart disease
- Lung diseases and lung cancer
- Stomach ulcers
- Bladder and kidney cancer

Tobacco and the Environment

Tobacco damages not just the smoker, it also damages the environment. One hectare of forest is needed to dry one hectare of tobacco.

Nearly 5 million hectares (600 million trees) of forest are destroyed a year to provide trees to dry tobacco.



Don't be a Target of the Tobacco Industry



The tobacco industry uses many different ways and means of attracting young smokers to their nasty lethal products – shops, movies, the internet.

Don't fall for their tricky tactics. Be aware – don't be a target!!

Second-Hand Smoke



Children who are exposed to second hand smoke are at greater risk of the following:

- Coughing and wheezing, chest infections,
- Severe asthma, ear infections and
- Absence from school due to ill-health.

Smoking and Addiction

Nicotine is the poisonous and highly addictive drug in tobacco. It reaches the brain in seven seconds.

Experimenting with smoking can quickly lead to addiction. Not starting is the best option.



Smoking and Sport

Smoking affects sports performance and fitness in the following way:

- Pressure on the heart to work harder
- Reduction in oxygen to the muscles
- Less air being breathed in and out of the lungs



What's in a Cigarette?

- Carbon Monoxide
- Acetone
- Methanol
- Nicotine
- Butane
- Arsenic
- Cadmium
- Naphthalene
- DDT
- Ammonia
- Hydrogen Cyanide
- Toluene

Arsenic	→	Ant Poison
Ammonia	→	Cleaning agent
Acetone	→	Nail polish remover
Benzene	→	Petrol fumes
Butane	→	Lighter fuel
Carbon Monoxide	→	Car exhaust fumes
DDT	→	Insecticide
Methanol	→	Aviation fuel
Nicotine	→	Weedkiller
Polonium 210	→	Radioactive substance
Toluene	→	Explosives (TNT)

Did you ever stop to think what chemicals are hidden in a cigarette?

Out of Pocket

Think of all the good things that you could spend your pocket money on – music, clothes, movies. What a waste spending money on cigarettes, all that money going up in smoke!!



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