

# Health Effects of Tobacco Use

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Studies show that tobacco use in any form causes many health problems. In fact, those problems may be triggering your decision to quit now.

## Blood Vessel Disease

Nicotine constricts blood vessels. This makes it harder for blood to flow freely to your heart and other organs. It can also make blood stickier, which can cause your blood to clot. A blood clot can cause a heart attack or stroke.

## Cancer

You hear almost every day about how smoking or vaping increases your risk of lung cancer. But it can also increase the risk of cancer in other parts of your body like your:

- Brain
- Kidneys
- Bladder
- Cervix
- Stomach
- Pancreas
- Bone marrow
- Mouth
- Throat

## Lung Disease

Besides lung cancer, research shows that smoking and likely vaping can also lead to chronic obstructive pulmonary disease (COPD). COPD is a general name for several serious lung diseases, including emphysema and chronic bronchitis.

With emphysema, there is damage to the small air sacs in the lungs. This damage makes it difficult for the air sacs to stretch. It becomes hard to breathe and get enough air in your lungs. With chronic bronchitis, the small tubes that bring air to your lungs (bronchial tubes) swell and fill with mucus. This also makes it very hard to breathe.

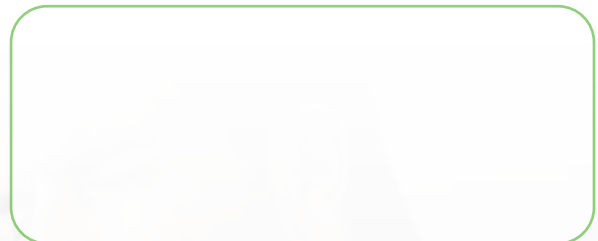
## Other Health Problems

Smokers are also at a higher risk of many other health issues, such as:

- Stroke
- Asthma
- Bone thinning
- Hip fractures
- Infertility
- Cataracts
- Erectile dysfunction
- Peptic ulcers
- Gum disease

## Hope for Healing

Your body can begin to heal as soon as you quit. And after 15 years, the risk of coronary heart disease and other smoking-related health issues may be back to that of someone who never smoked.



This information is not intended to take the place of regular medical care or advice. Please check with your doctor before using this information or beginning any self-care program.