

# SMOKING AND ITS NEGATIVE EFFECTS

## Smoking



Tobacco use is the leading cause of disease, disability and death in the world. Each year more than 5 million people die in the world because of smoking.

## Effects

- smokers suffer from bad breath and, in addition, their teeth turn yellow.
- smokers develop nail spots.



## Effects

- Stress: another of the side effects of smoking is constant nervousness. It's a myth that smoking reassures.
- Nicotine promotes gastritis and gastric ulcers.



## More Effects!

- Lung cancer: smoking causes nine out of ten cases of this type of tumor.
- Wrinkles: smokers' skin ages prematurely as tobacco reduces collagen and elastin levels.

