



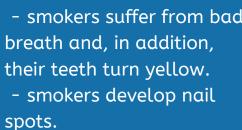
# SMOKING AND ITS NEGATIVE EFFECTS

## **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**

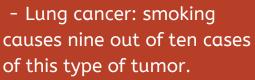




### **Effects**

- 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!**



- Wrinkles: smokers' skin ages prematurely as tobacco reduces collagen and elastin levels.

















