

Body part	Effect
Hair	Smelly, stained hair Premature hair loss Premature greyness
Brain	Smokers are more prone to strokes due to higher blood pressure
Eyes	Smoke can cause runny and stinging eyes Conditions causing blindness are more common in smokers than in non smokers
Skin	Causes damage to blood vessels and connective tissue that maintains skins elasticity Women smokers are four times more likely to have excess facial wrinkles at a younger age
Mouth	Smelly breath Mouth cancer Gum disease
Teeth	Yellow teeth – plaque can only be removed by the dentist
Throat	Throat cancer Throat infections
Ears	Ear infections – particularly in young children and babies
Lungs	Lung disease, bronchitis, emphysema The lungs are not able to work properly and get clogged with tar from cigarette smoke; this means the lungs cannot clean themselves effectively and become blocked
Heart	Heart attacks – due to lack of oxygen, the heart has to work harder to pump oxygen around the body The presence of carbon monoxide also results in the tubes that blood flows through becoming narrower
Stomach	Stomach ulcers
Hands and Nails	Stained fingers and yellow nails are common in smokers due to nicotine staining
Legs and Feet	Poor circulation Worst-case scenario is amputation due to poor circulation; Carbon monoxide from smoking replaces oxygen in the blood; The feet and legs are deprived of vital oxygen and start to wither and die resulting in them having to be amputated
Kidneys/Bladder	Poisons from cigarette smoke are washed around the kidneys and pass through the bladder; this can result in kidney and bladder cancer
Immune System	Smoker's immune systems do not work as effectively as they should; natural defences the body uses to fight coughs and colds do not work as effectively
Infertility	Women- damage to fallopian tubes and makes becoming pregnant difficult The length of time a woman who smokes can become pregnant is also reduced Men- smoking results in sperm thickness becoming reduced therefore men may find it difficult to get their partner pregnant if they smoke
Cancers	At least 40 of the 4000 different chemicals found in cigarettes are proven to cause cancer
Nose	Sense of smell lessens
Athletic ability	Smokers who suffer injuries whilst exercising take longer to heal

