CIGARETTE SMOKE AFFECTS YOUR BODY

SMOKING CAUSES CANCER\(^1\) OF THE:
- Nose
- Mouth
- Larynx (voice box)
- Trachea
- Esophagus
- Throat
- Lungs
- Stomach
- Pancreas
- Kidneys
- Bladder
- Cervix
- Bone marrow and blood\(^2\)

SMOKING ALSO AFFECTS YOUR

AUTOIMMUNE SYSTEM
- Crohn's Disease\(^4\)
- Rheumatoid Arthritis\(^5\)

HEART
- Plaque Buildup in Your Arteries\(^6\)
- Aneurysms\(^7\)
- Coronary Heart Disease\(^8\)
- Heart Attack\(^9\)
- Peripheral Arterial Disease\(^10\)
- Stroke\(^11\)

BONES
- Osteoporosis\(^12\)
- Bone Loss\(^13\)

VISION
- Macular Degeneration\(^14\)
- Optic Nerve Damage\(^15\)
- Blindness\(^16\)

BLOOD
- Increased Blood Pressure\(^17\)
- Changes to Blood Chemistry\(^18\)
- Thickened Blood Vessels\(^19\)

LUNGS
- Chronic Obstructive Pulmonary Disease\(^20\)
- Emphysema\(^21\)
- Chronic Bronchitis\(^22\)
- Pneumonia\(^23\)

440,000
People die prematurely in the United States each year due to smoking cigarettes or being exposed to cigarette smoke.

- 40% die from cancer
- 25% die from lung disease
- 35% die from heart disease or stroke

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