



No Smoking day

Smoking damages your health

Most people these days know what smoking can do. It's the biggest cause of lung cancer, and it causes heart disease, stroke, chronic bronchitis and emphysema. It doesn't just harm the smoker, but people around them too. Tobacco smoke pollution has been classified as a known human carcinogen in the USA.

Here are a few more of the ways you can get sick from smoking, even before the life-threatening diseases kick in. Stopping smoking will reduce your risk of all of them...

Tooth loss

Diabetes

Impotence

Stomach ulcers

*Ocular histoplasmosis
(fungal eye infection)*

Acute necrotising

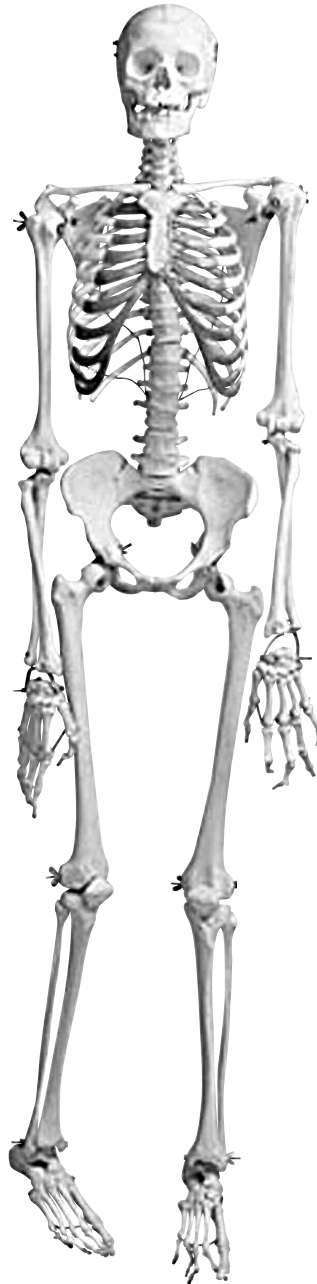
*Ulcerative gingivitis
(gum disease)*

Hearing loss

Osteoporosis

Duodenal ulcer

Reduced sperm count



Painful periods

Early menopause

Psoriasis

Colon polyps

Cataracts

Asthma

Reduced fertility

Buerger's disease

Angina

*Optic neuropathy
(vision loss)*

Premature wrinkling

Crohn's disease

. . . It doesn't say that on the packet !!!