

## Smoking

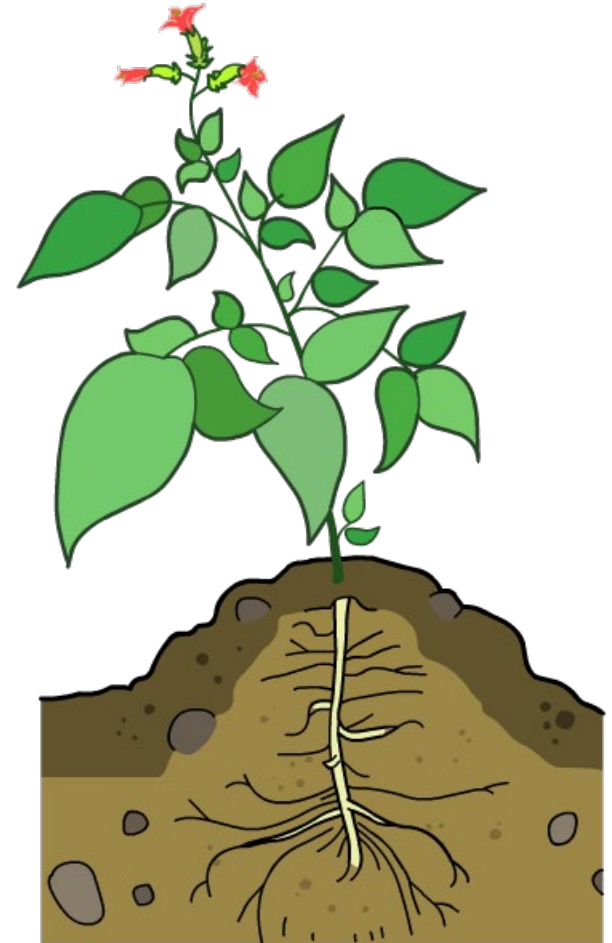


# What is tobacco?

Tobacco is made from the leaves of the tobacco plant, which contain small amounts of **nicotine**. Cigarettes are made from finely cut and dried tobacco leaves.

When tobacco smoke is inhaled, the nicotine quickly enters the bloodstream and has a **stimulating** effect on the nervous system.

At high concentrations, nicotine is poisonous and is used as insecticide!





## Is smoking unhealthy?

Smoking is the second major cause of death in the world.

How much do you know about the dangers of smoking?

Click "**start**" to find out.

**start**



Smoking is associated with over 20 fatal diseases and 50 long-term debilitating illnesses. Half of all smokers will die prematurely.

What are the most common causes of death in smokers?

- lung cancer
- bronchitis/emphysema
- coronary heart disease.



How does smoking damage health?



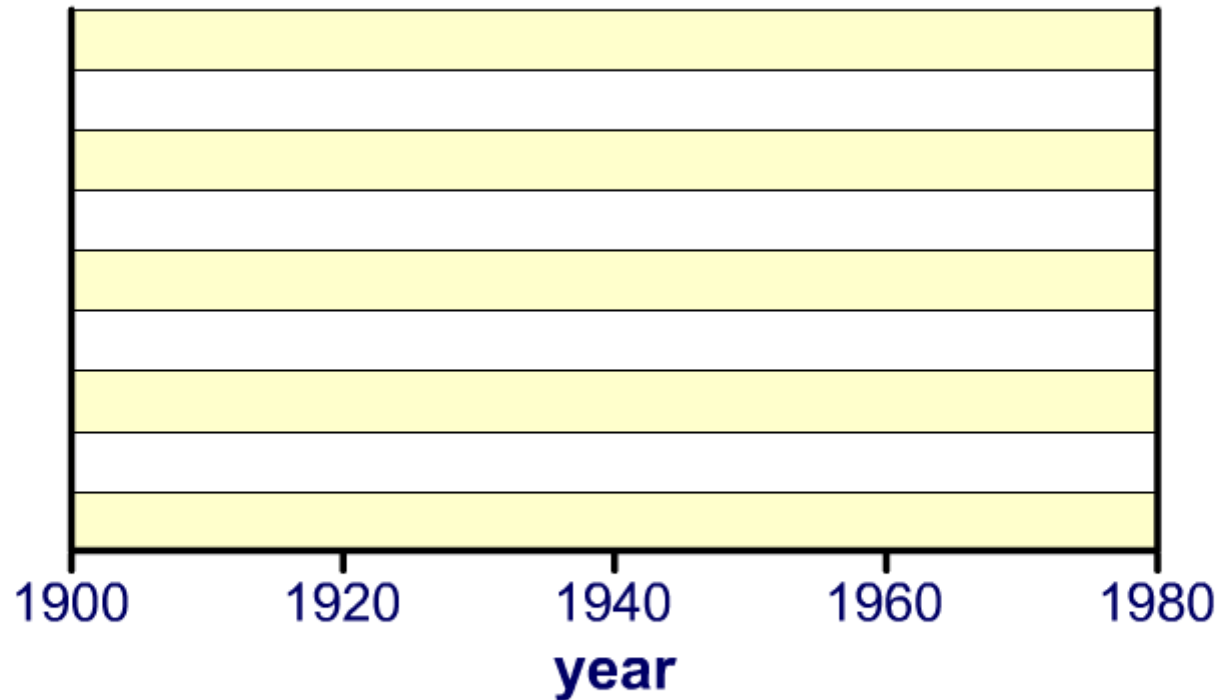
# Spot the difference

Which set of lungs would you prefer to have?





Is there a link between smoking and lung cancer?



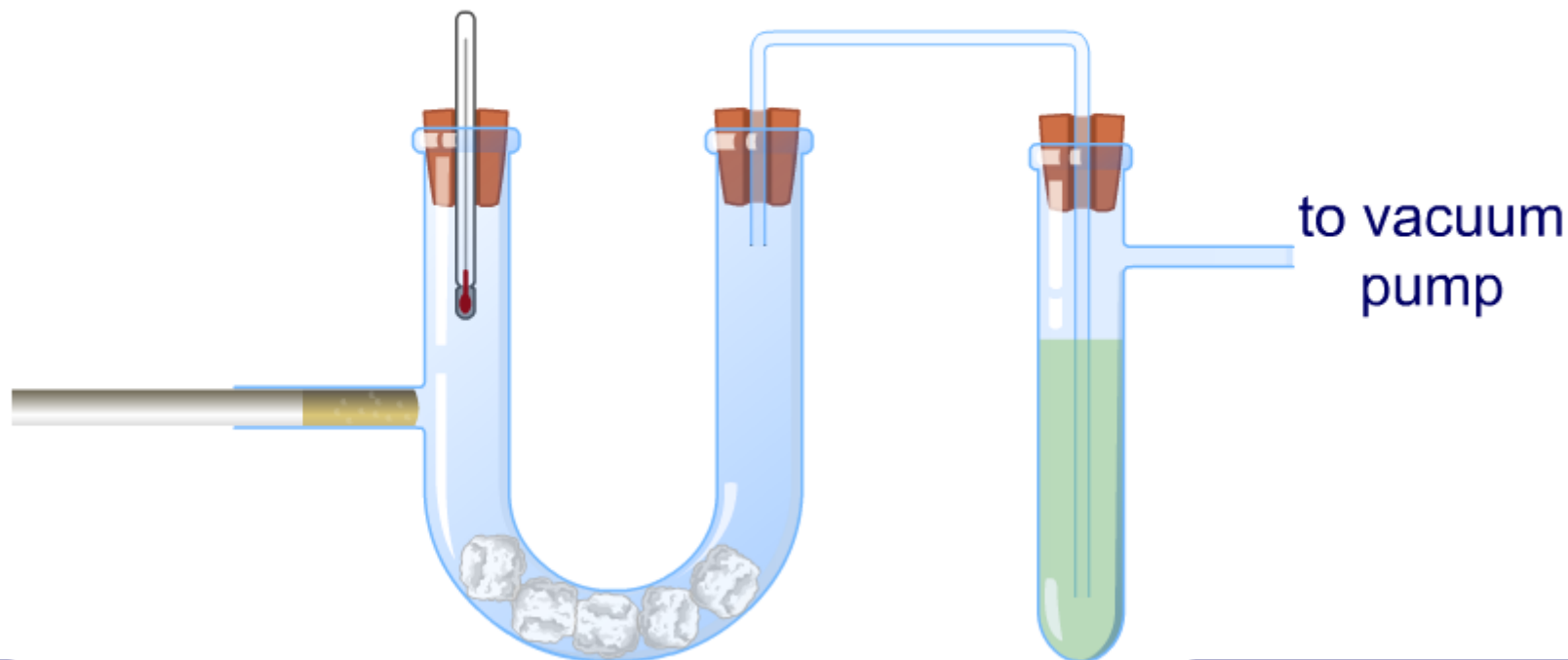
cigarette consumption

lung cancer



## What's in cigarette smoke?

What chemicals are in cigarette smoke?  
Click the "play" button to light the cigarette and find out.



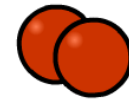
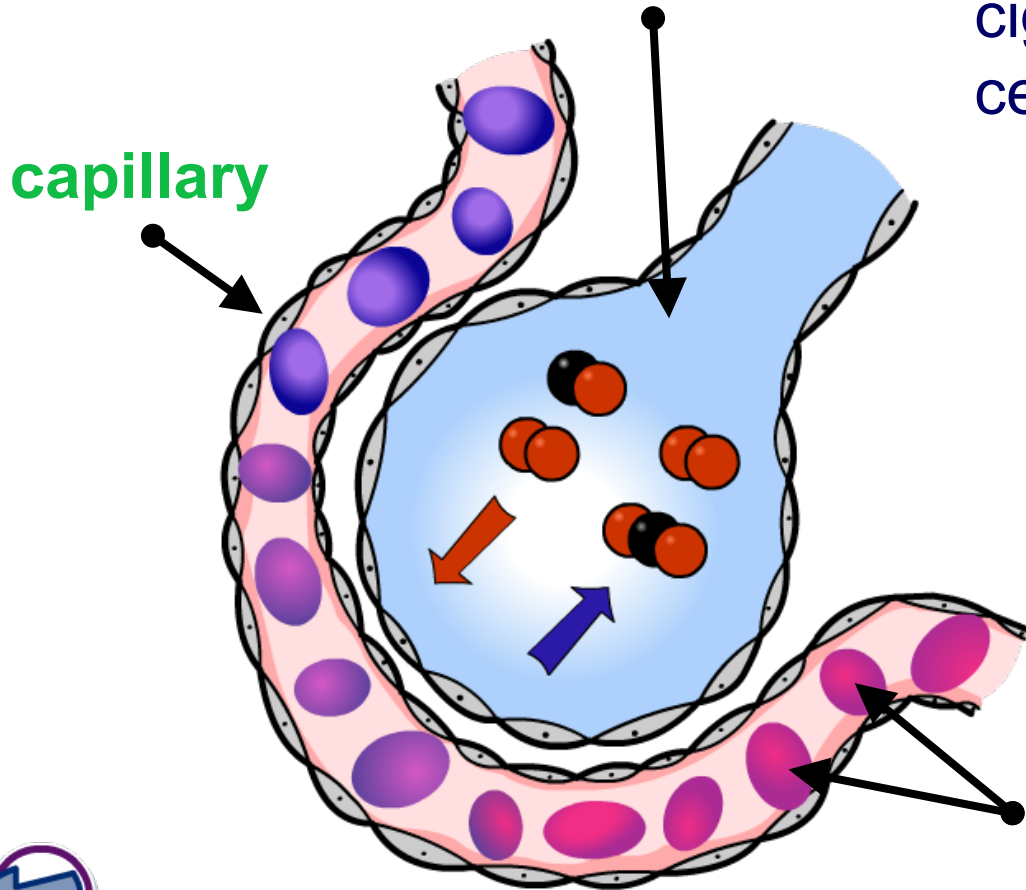
# The effect of smoking on oxygen supply

Red blood cells are normally saturated with oxygen when they leave the lungs.

alveolus in the lung

capillary

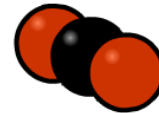
**Carbon monoxide** in cigarette smoke prevents red cells from picking up oxygen.



oxygen



carbon monoxide

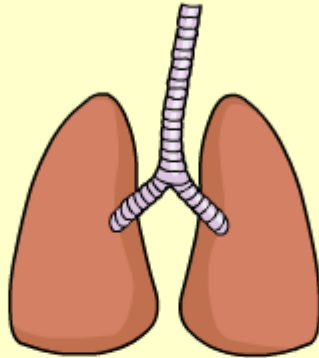


carbon dioxide

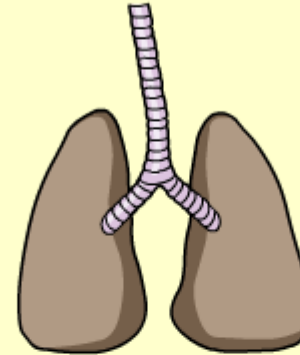
red blood cells



## How does cigarette smoke affect the airways?



Why do smokers cough so much?



Click one of the buttons below find out how cigarette smoke damages the airways.

**non-smoker**

**smoker**



Smoking during pregnancy is risky for both mother and baby.

Pregnant women who smoke are at increased risk of:

- miscarriage
- fetal death
- detachment of the placenta
- premature labor.

Babies exposed to smoke during gestation are at increased risk of:

- sudden infant death syndrome
- limb deformities
- low birth weight.

