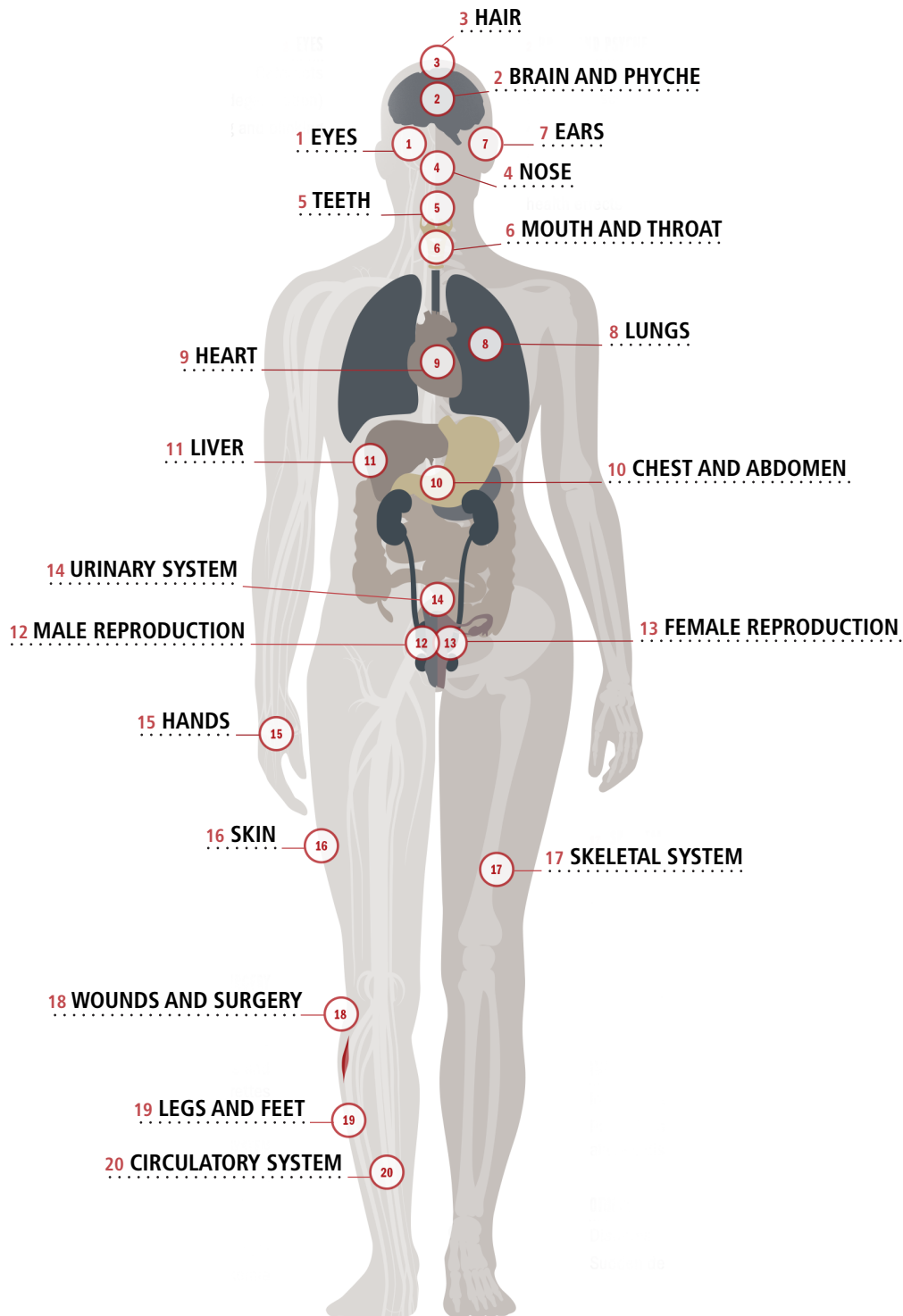


Appendix D: Harms from Tobacco

Tobacco causes disease and disability to almost every organ.



Source: Eriksen, Mackay, Schluger, Gomeshtapeh & Drope (2015, p. 18).

1. **Eyes**
Cataracts Blindness (macular degeneration)
Stinging, excessive tearing and blinking
 2. **Brain and Psyche**
Stroke (cerebrovascular accident)
Addiction/withdrawal
Altered brain chemistry
Anxiety about tobacco's health effects
 3. **Hair**
Odor and discoloration
 4. **Nose**
Cancer of nasal cavities and paranasal sinuses
Chronic rhinosinusitis Impaired sense of smell
 5. **Teeth**
Periodontal disease (gum disease, gingivitis, periodontitis)
Loose teeth, tooth loss
Root-surface caries, plaque
Discoloration and staining
 6. **Mouth and Throat**
Cancers of lips, mouth, throat, larynx and pharynx
Sore throat Impaired sense of taste
Bad breath
 7. **Ears**
Hearing loss Ear infection
 8. **Lungs**
Lung, bronchus and tracheal cancer
Chronic obstructive pulmonary disease (COPD) and emphysema
Chronic bronchitis, respiratory infection (influenza, pneumonia, tuberculosis)
Shortness of breath, asthma chronic cough, excessive sputum production
 9. **Heart**
Coronary thrombosis (heart attack)
Atherosclerosis (damage and occlusion of coronary vasculature)
 10. **Chest & Abdomen**
Esophageal cancer
Gastric, colon and pancreatic cancer
Abdominal aortic aneurysm
Peptic ulcer (esophagus, stomach, upper portion of small intestine)
Possible increased risk of breast cancer
 11. **Liver**
Liver cancer
 12. **Male Reproduction**
Infertility (sperm deformity, loss of motility, reduced number)
Impotence
Prostate cancer death
 13. **Female Reproduction**
Cervical and ovarian cancer premature ovarian failure, early menopause
Reduced fertility
Painful menstruation
 14. **Urinary System**
Bladder, kidney, and ureter cancer
 15. **Hands**
Peripheral vascular disease, poor circulation (cold fingers)
 16. **Skin**
Psoriasis
Loss of skin tone, wrinkling, premature aging
 17. **Skeletal System**
Osteoporosis
Hip fracture
Susceptibility to back problems
Bone marrow cancer
Rheumatoid arthritis
 18. **Wounds and Surgery**
Impaired wound healing
Poor post surgical recovery
Burns from cigarettes and from fires caused by cigarettes
 19. **Legs and Feet**
Peripheral vascular disease, cold feet, leg pain and gangrene
Deep vein thrombosis
 20. **Circulatory System**
Buerger's disease (inflammation of arteries, veins and nerves in the legs)
Acute myeloid leukemia
- Immune System**
Impaired resistance to infection
Possible increased risk of allergic diseases
- Others**
Diabetes Sudden death