

November

Smoking Cessation

Smoking's Effect on the Body



Tobacco smoke contains over 60 known carcinogens such as tar, carbon monoxide, and hydrogen cyanide.



The effects of tobacco smoke on the respiratory system include reduced lung function and breathlessness as well as impairment of the lungs' clearance system.



Smoking can raise your blood pressure and heart rate while increasing your rate of stroke and heart attack.

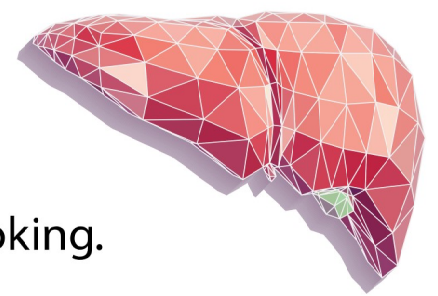


Tobacco smoke puts you at a greater chance of contracting illnesses such as pneumonia and influenza.



Smoking has been connected to lower sperm count, genetic damage to sperm, reduced fertility, menstrual cycle/irregularities, and increased risk of cervical cancer.

Smoking & Your Liver



Smoking dramatically increases the risk for liver cancer.

People living with liver disease can exacerbate their condition by smoking.

Smoking can increase the risk of scarring from nonalcoholic fatty liver disease which can progress to end stage liver disease.



Doctor's Tip

Although not intuitive, smoking causes many metabolic changes in the body which harm to the liver's ability to function properly. Even second-hand smoke has been shown to cause and worsen liver disease.
- Dr. Ruben Khan, University of Illinois at Chicago



LIVE FIT. LIVER FIT.
GET FIT >>>

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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