



# Tobacco

# Think You've Heard It All about Smoking Cigarettes?

**Stub out that cigarette for the sake of your...**

**SKIN: Dry, wrinkled, pimply...**

Your body does not get enough oxygen when you smoke, which dries out your skin and creates wrinkles and blemishes that make you look years older.

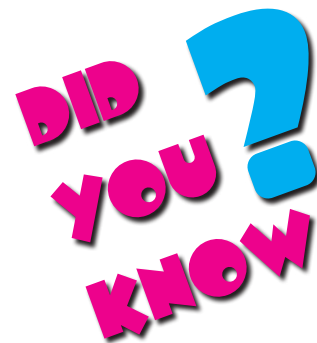
**SENSES: Dull, bored, and boring...**

Did you know that smoking actually dulls your sense of smell and taste? The longer you smoke, the less you will be able to enjoy yummy scents and tasty foods. Researchers are also beginning to link smoking with loss of sight and hearing. The good news is that quitting now can restore your senses.

**STYLE: Stinky, stained, stifled...**

Smoking is stinky, not stylish. It stains your teeth and fingernails, dulls your hair, and gives you bad breath. In fact, the yucky cigarette smell clings to your skin, hair, and clothes, even if it's mixed with perfume. To top it all off, it's tacky to burden other people with the stink and risks of second-hand cigarette smoke.

Nothing about smoking is good for your health. Smoking increases your risk of gum disease and heart disease, and damages your overall health.



**DID  
YOU  
KNOW?**

*Smoking causes not only lung cancer (87% of all cases), but cancer of many other important organs in the body, such as the throat, mouth, liver, kidney, stomach, and more.*

## References

Power Me A2Z Initiative, [www.powermea2z.org](http://www.powermea2z.org)