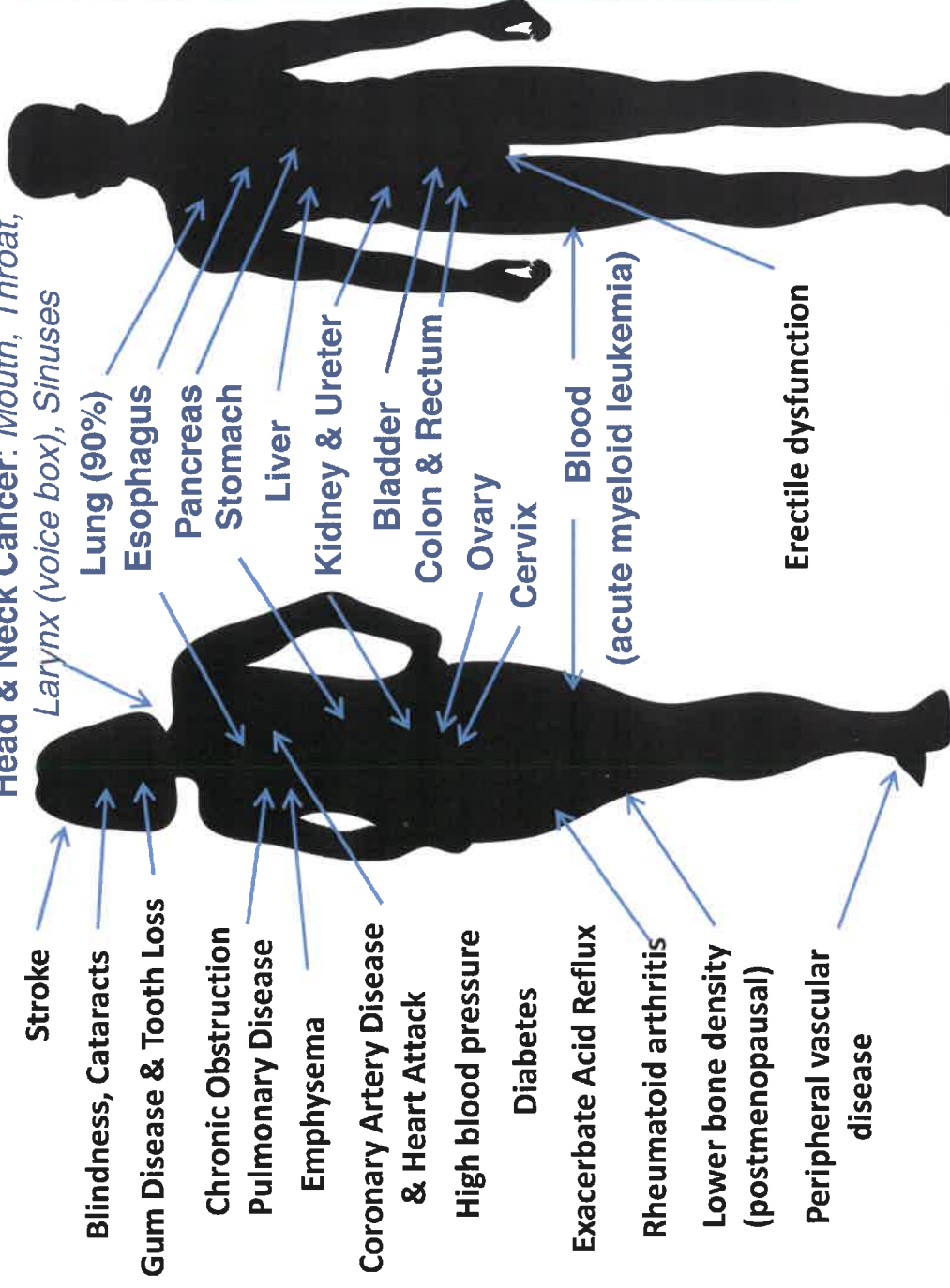


Primary Health Effects From Smoking

16 CANCERS

Head & Neck Cancer: Mouth, Throat, Larynx (voice box), Sinuses



Stroke

Blindness, Cataracts

Gum Disease & Tooth Loss

Chronic Obstruction Pulmonary Disease

Emphysema

Coronary Artery Disease & Heart Attack

High blood pressure

Diabetes

Exacerbate Acid Reflux

Rheumatoid arthritis

Lower bone density (postmenopausal)

Peripheral vascular disease

Nicotine harms the developing brain*

- *Gateway drug* – primes the brain for other addictive substances
- Reduces impulse control
- Disrupts growth of brain circuits that control attention and learning
- Leads to life-long deficits in attention and cognition
- Intensifies mood disorders

Nicotine

Perpetuates addiction. Has life-long adverse health impacts.

Primary Health Effects From E-Cigarettes / Vaping



Vaping and Smoking

Makes COVID-19 Worse

- Impairs lungs' ability to fight infections
- Increases risk of getting COVID-19
- Increases severity of COVID-19
- Greater chance of dying from COVID-19
- Young people, 13-24 years, were more likely to be diagnosed with COVID-19*
 - 5x more likely if ever used e-cigarettes
 - 7x more likely if used both cigarettes and e-cigarettes (vapes)

Quit Now

Better for your overall health.

Reduces your risk of Coronavirus infection.

Lower harms caused by COVID-19.

You can quit. We can help.

Call: 706-721-0456

Email: stoptobacco@augusta.edu

Long-term effects of e-cigarettes are unknown.

Nicotine

Perpetuates addiction. Has life-long adverse health impacts.

Sources: World Health Organization who.org; *Gaiha et. al. Journal Adolescent Health, 2020
NIH US National Library of Medicine drugwatch.com/e-cigarettes/side-effects