# TONS TERM HEALTH EFFECTS OF CO

## THROAT, LARYNX, MOUTH, LIP

- · Increased risk of cancer
- · Inflammation, laryngitis

## RESPIRATORY SYSTEM

- Bronchitis
- Emphysema (chronic obstructive pulmonary disease)
- Lung cancer

## CIRCULATORY

- Heart disease
- · Heart attack
- · High blood pressure
- Coronary artery disease (poor circulation in the legs causing ulcers, pain, and sometimes the need for amputation)

## **BONES**

 Brittle bones (osteoporosis)

## **IMMUNE SYSTEM**

- Depressed immune response
- Increased infections

## PREGNANCY & BABIES

- Lower than average birth weight
- High risk of Sudden Infant Death Syndrome
- Increased risk of premature birth



## BRAIN

- Increased risk of brain hemorrhage (stroke)
- Women using contraceptive pills have an even greater risk of stroke

## STOMACH & INTESTINE

- Lining becomes tender
- Bleeding
- · Ulcers, slow to heal
- · May lead to cancer

## PANCREAS, KIDNEY & BLADDER

· Increased risk of cancer

# REPRODUCTIVE SYSTEM MALE & FEMALE

- Decreased sperm count and movement
- Lowered sex drive
- Egg damage, irregular menstrual cycle and altered hormone levels
- Cancers of the cervix, penis and anus
- · Early onset of menopause
- · Increased risk of breast cancer

## PREGNANCY & BABIES

- Increased risk of miscarriage and still births
- Increased risk of impairment in mental and physical development
- Nicotine carried to baby in breast milk



Adapted from the "Public Health Bush Black Maurice 2" (SIGN 0 7745 3361 1), with the permission of the Department of Health and Community Services of the Northern Tembry Conventment of Australia (SPRCSV)