
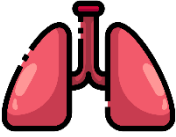


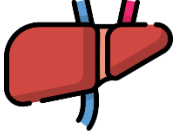



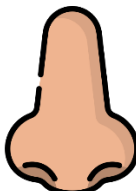




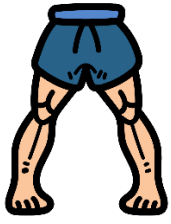
BP2: Body part answers



	<p>Heart:</p> <p>Heart disease: Heart disease is also often called cardiovascular disease, although technically heart disease covers any disease of the heart whereas cardiovascular disease covers disease of the heart <i>and</i> the vascular system (bloodvessels). The heart gets its own supply of blood from a network of blood vessels on the heart's surface called coronary arteries. Smoking damages the lining of your arteries, leading to a build-up of fatty material which narrows the artery. In addition the carbon monoxide in tobacco smoke reduces the oxygen in your blood.</p> <p>Coronary Thrombosis (leading to heart attack): this occurs when arteries that carry blood to the heart muscle are narrowed by plaque or blocked by clots. Chemicals in cigarette smoke cause the blood to thicken and form clots inside veins and arteries. Blockage from a clot can lead to a heart attack and sudden death.</p> <p>Atherosclerosis (hardening of the arteries): Atherosclerosis is the build-up of fatty material inside your arteries. It's the condition that causes most heart attacks and strokes. Smoking represents one of the most important preventable risk factors for the development of atherosclerosis.</p>
	<p>Lungs:</p> <p>Lung cancer: This is when cells become abnormal and divide uncontrollably, causing a lump to form, rarely visible from the outside. Cigarette smoke has more than 70 cancer causing chemicals. These chemicals change the cells in the lungs the most because smoke is strongest here before it goes to the rest of the body. 9 out of 10 people (89% Cancer Research UK) with lung cancer get it from smoking or second-hand smoke.</p> <p>Chronic obstructive pulmonary disease (COPD): COPD is a group of lung conditions that make it difficult to breathe because your airways have been narrowed. Two of these lung conditions are persistent bronchitis and emphysema, which can also occur together. This is a common health risk for smokers, but second-hand smoke alone can increase the risk of COPD development later in life. 90% of all COPD cases are caused by smoking.</p> <p>Chronic Bronchitis: Bronchitis is an infection of the main airways of the lungs (bronchi), causing them to become irritated and inflamed. Chronic bronchitis is a daily productive cough that lasts for three months of the year and for at least two years in a row.</p> <p>Chronic cough and sputum production: This has long been recognised as a consequence of smoking and is more commonly called 'smoker's cough'.</p> <p>Asthma: Second-hand smoke is linked to the development of asthma in children. Second-hand smoke also worsens and increases the frequency of episodes in existing cases. When both parents smoke at home, children are twice as likely to have asthma symptoms all year round.</p> <p>Respiratory illness (e.g. lung infection, chest and breathing problems): Second-hand smoke exposure in the home increases risks of lower respiratory tract infections (including flu, bronchitis and pneumonia) by around 50%. People who smoke are more likely to get lung infections, and if they do, they can be more severe.</p>
	<p>Brain and psyche:</p> <p>Stroke (cerebrovascular accident): A stroke is when a blood clot forms and makes its way to the brain. Strokes can cause permanent brain damage, disability and/or death. Smoking doubles a person's risk of having a stroke because it makes the blood sticky, which means more build-up and blockages in the arteries which carry blood around the body. In addition, long term exposure to second-hand smoke in childhood may increase the risk of a stroke later in life.</p>

	<p>Addiction and withdrawal: Cigarettes contain nicotine, which is highly addictive. Even if you want to quit smoking, you may find it difficult because you're addicted to the effects of nicotine. Nicotine cravings can be very strong, making it difficult to quit using just your willpower.</p> <p>Altered brain chemistry: Nicotine alters the balance of two chemicals, called dopamine and noradrenaline, in your brain. When nicotine changes the levels of these chemicals, your mood and concentration levels change. The changes happen very quickly. When you inhale the nicotine, it immediately rushes to your brain, where it produces feelings of pleasure and short-lived feelings of calm and reward. This is why many smokers enjoy the nicotine rush and become dependent on it. The more you smoke, the more your brain becomes used to the nicotine. This means you have to smoke more to get the same affect.</p> <p>Anxiety: Associated with withdrawal symptoms that tend to happen within hours of a person's last cigarette. For heavy smokers, these withdrawal symptoms can occur much earlier.</p> <p>Stress: Many people incorrectly believe that smoking helps them to cope with stress. This is not the case – once somebody is addicted to smoking/nicotine, cravings can cause stress, therefore smoking relieves the stress it actually caused due to the body's withdrawal from nicotine. Smoking causes more stress than it relieves.</p> <p>Mental Health: Smoking is the most common preventable cause of death for people with mental health issues. Stopping smoking is associated with improvement in depression, anxiety, stress and psychological quality of life compared with continuing to smoke. Withdrawal from smoking may pose a challenge to mental wellbeing but this is largely an attribute of the withdrawal from nicotine; extra stress management may help.</p> <p>Dementia: Smoking increases the risk of developing dementia in later life. Becoming forgetful due to old-age is normal, dementia however is a much more serious disease. The most common type of dementia is Alzheimer's disease.</p> <p>Long term exposure to <u>second-hand smoke</u> may lead to:</p> <p>Meningitis: Meningitis is an infection of the protective layers of the brain and spinal cord. Second-hand smoke exposure and smoking during pregnancy, increases the risk of childhood meningitis. Second-hand smoke exposure in the home doubles the risk of meningitis or MD, with some evidence that this increases in line with increased exposure. The greatest risks are observed in children under five.</p> <p>Brain tumours/cancer: Although fortunately rare, children exposed to second-hand smoke may be at increased risk of childhood brain tumours.</p>
	<p>Kidneys:</p> <p>Kidney Cancer: Smoking tobacco doubles the risk of developing kidney cancer. It is believed to cause about 30% of kidney cancers in men and about 25% in women.</p> <p>Bladder Cancer: Chemicals from smoking get into the bloodstream which are then filtered out of the blood by the kidneys, ending up in the urine. When urine is stored in the bladder, these chemicals are in contact with the bladder lining. The result is an alarmingly high rate of bladder cancer among smokers. A study found that 50% of all cases of bladder cancer are found in people who smoke.</p>
	<p>Liver:</p> <p>Cirrhosis and Liver Cancer: Smoking can increase the risk of both liver cancer and cirrhosis of the liver. The toxic chemicals in tobacco smoke can cause inflammation and eventual cirrhosis. Smoking also promotes the production of chemicals that cause even more inflammation and damage to liver cells. The risk of liver cancer is increased further if you smoke and drink a lot of alcohol.</p>
	<p>Bones and skeletal system:</p> <p>Osteoporosis: A condition that weakens bones, making them fragile and more likely to break. Studies have shown a direct relationship between smoking and decreased bone density.</p> <p>Bone marrow cancer: A cancer that forms in the soft sponge-like tissue in the centre of most</p>




	<p>bones. The risk of bone marrow cancer is doubled in women who smoke about 20 cigarettes a day.</p>
	<p>Hair:</p> <p>Odour and discolouration: Smokers can find that their hair is easily breakable and not very strong. Heavy smokers are more likely to go bald and grey (even ladies!). This is due to the lack of nutrients in the body because smoke has replaced oxygen in the blood.</p> <p>Hairy face: Smoking lowers a woman's female hormone levels. This causes an increase in her male hormone levels which means she's much more likely to grow thicker hairs on her arms and face.</p>
	<p>Ears:</p> <p>Hearing loss: Teens exposed to second-hand smoke are two to three times more likely to develop hearing loss compared to those with little or no exposure according to a recent study. Both nicotine and carbon monoxide lower blood oxygen levels and constrict blood vessels all over your body—including those in your inner ear. Also nicotine and cigarette smoke are thought to interfere with neurotransmitters in the auditory nerve, which are responsible for telling the brain which sound you are hearing and irritate the Eustachian tube and lining of the middle ear.</p> <p>Ear infections: To be more specific Glue ear, which is a middle ear disease - it occurs when the middle ear fills with a sticky, glue-like fluid instead of air. This fluid dampens the vibrations made by sound waves and so the 'volume' of hearing is essentially 'turned down'. This is why glue ear children display symptoms such as dulled or apparent 'selective' hearing. Second-hand smoke is responsible for a 20–40% increased risk of glue ear, and middle ear infection is 50% more likely.</p>
	<p>Nose:</p> <p>Cancer of nasal cavity and sinuses: Smoking increases your risk of nasal cavity cancer. If you smoke you are at a higher than average risk of developing this type of cancer. Cigarettes contain nitrosamines and other chemicals that cause cancer. When you smoke, the smoke may pass through your nasal cavity on its way to your lungs.</p> <p>Reduced sense of smell: Smoking irritates the nasal passages, often causing inflammation that affects a person's sense of smell. Smokers of cigarettes containing menthol may also find it affects their sense of smell.</p>
	<p>Circulatory system:</p> <p>Buerger's Disease: This disease is inflammation of the arteries, veins and nerves in the legs which can prevent blood flow, causing clots to form. This can lead to pain, tissue damage, and even gangrene (the death or decay of body tissues). In some cases, amputation may be required. People who smoke 1½ packs a day or more are most likely to develop Buerger's disease. Researchers are working to understand how tobacco increases the risk for Buerger's disease. One idea is that chemicals in tobacco irritate the lining of the blood vessels and cause them to swell.</p> <p>Heart and circulatory system: There is a close relationship between the heart and the circulatory system, also called the vascular system. Vascular diseases tend to be closely associated with heart disease.</p> <p>Leukemia: This is a cancer of the blood cells. Smoking may increase a person's risk of contracting leukemia by 30% and children exposed to second-hand smoke may also be at increased risk of childhood leukemia.</p>
	<p>Hands:</p> <p>Peripheral vascular disease (PVD) leading to poor circulation: Peripheral vascular disease occur when blood vessels become narrower and the flow of blood to arms, legs, hands and feet is reduced. Cells and tissue are deprived of needed oxygen when blood flow is reduced. In extreme cases, an infected limb could be removed. Smoking is the most common preventable cause of PVD.</p> <p>Yellow nails: Heavy smoking makes fingers and fingernails on the hand used to hold cigarettes turn yellow from the toxins found in cigarettes and tobacco smoke.</p>



Legs and feet:

Peripheral vascular disease (PVD) leading to poor circulation and DVT (below): Peripheral vascular disease occur when blood vessels become narrower and the flow of blood to arms, legs, hands and feet is reduced. Cells and tissue are deprived of needed oxygen when blood flow is reduced. In extreme cases, an infected limb could be removed. Smoking is the most common preventable cause of PVD.

Deep vein thrombosis (DVT): DVT is a blood clot that develops within a deep vein in the body, usually in the leg. It can cause pain and swelling and may lead to complications such as pulmonary embolism, which is a serious (and potentially fatal) condition that occurs when a piece of blood clot breaks off into the bloodstream and blocks one of the blood vessels in the lungs.

	<p>Eyes:</p> <p>Irritated eyes: Much like alcohol affects the eyes, smoking can cause chronic redness of your eyes. Tobacco smoke, even second-hand smoke can alter the tear film of eyes, exacerbating dry eye syndrome and allergic eye conditions.</p> <p>Macular degeneration (blindness): People who smoke have four times the risk of developing age-related macular degeneration. People who have smoked in the past have three times the risk of having a more severe form of macular degeneration.</p> <p>Cataracts: Smoking may increase your risk for developing cataracts, or clouding of the lenses, much earlier and possibly much worse than people who do not smoke. Smoking reduces the supply of antioxidants in our eyes, which may lead to cataracts.</p> <p>Vascular Disease: Smoking contributes to the development of arteriosclerosis, or hardening of the arteries, that can contribute to or worsen vascular disease of the eyes. Artery and vein occlusion and optic nerve damage could cause significant vision loss or blindness.</p> <p>Thyroid Eye Disease: People with thyroid disease are at a much higher risk of developing thyroid eye disease if they smoke tobacco. Graves' disease, the most common form of thyroid disease, sometimes causes inflammation and swelling in the soft tissues and muscles that surround the eyes, often causing the eyeballs to bulge or protrude from their sockets. If you are diagnosed with thyroid disease, your doctor will most likely recommend that you stop smoking immediately.</p> <p>Optic Neuropathy: Smoking decreases blood flow throughout the body, which could result in damage to the optic nerve.</p>
	<p>Mouth, teeth and throat</p> <p>Cancers: Smoking can greatly increase the risk of several cancers including lips, mouth, throat, larynx and pharynx. Our tongue and lips are in the way of a cigarette's smoky path to the lungs. Heavy smoking can blacken the tongue but the really scary risk is tongue and lip cancer. It can start as a sore spot with pain or bleeding without prior injury, or as a white or red patch.</p> <p>Impaired sense of taste and smell: A reduced sense of smell, affects your sense of taste. Researchers say that 80% of the flavours we taste come from what we smell. Smokers who quit often state that food starts to taste better, this is because their sense of smell is returning to normal.</p> <p>Halitosis: Smokers are much more likely to suffer from bad breath.</p> <p>Gum Disease (gingivitis): A real issue for smokers. It damages the gums and makes them recede which is the main cause of tooth loss.</p> <p>Discolouration and staining of teeth: One of the effects of smoking is staining on the teeth due to the nicotine and tar in tobacco. It can make your teeth yellow in a very short time, and heavy smokers often complain that their teeth are almost brown after years of smoking.</p> <p>Dental decay, loose teeth and tooth loss: Second-hand smoke may directly affect teeth and micro-organisms in a number of ways, including inflammation of the oral membrane and damage to the function of the glands that secrete saliva.</p> <p>Sore throat: Smoke irritates the lining of the airways and may result in a sore throat. Short term exposure to second-hand smoke could worsen symptoms for children who have a cold or an upper respiratory illness.</p>
	<p>Skin</p> <p>Psoriasis: This is a skin condition that causes red, flaky, crusty patches of skin covered with silvery scales. It can be itchy and sore. Smoking negatively impacts the immune system, which may partially explain the link between psoriasis and smoking. In people who have a genetic tendency for psoriasis, smoking may trigger the genes to become active. People who smoke may also have more stress, and stress is a trigger for psoriasis.</p> <p>Loss of skin tone: The skin tone of smokers can be uneven and often tending toward an orange or grey tone. Lack of oxygen to skin cells no doubt plays a part in why this occurs, along with the negative effects of numerous other chemicals in tobacco.</p> <p>Sagging Skin: Smoking-related skin damage can cause sagging skin in other parts of the body. In</p>

	<p>particular, breasts and upper arms are often affected by the loss of skin elasticity due to smoking.</p> <p>Premature aging/wrinkling: Grey looking skin, circles around the eyes, spots, wrinkles and sagging – just some of the ways your skin is affected by smoking. Your skin is very sensitive to smoke and that's why you can usually tell by looking at someone's face whether they're a long-term smoker or not. Smoke replaces oxygen in your blood. This means there's less oxygen travelling around your body and therefore less of the nutrients that your skin needs to stay healthy.</p> <p>Skin Cancer: If you smoke, your chances of developing squamous cell carcinoma (SCC) can be as much as 52% higher than if you didn't smoke. SCC is the second most common form of skin cancer and often appears on the lips of smokers. Researchers suspect that the increased risk comes from a lowered immune system due to the toxins in cigarette smoke. Smoking is however not a known risk factor for the most common form of skin cancer, basal cell carcinoma.</p> <p>Wound healing: Vascular constriction caused by toxins in cigarette smoke has a negative effect on wound healing. Lack of blood flow slows the body's ability to repair itself. Smoking also increases the risk of wound infection, skin graft failure, tissue death, and blood clot formation. Scars tend to be more pronounced as well, and there is evidence that smoking may increase the risk of stretch marks.</p>
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