



# Lungs and Respiratory System

## Harmful effects of tobacco use

### Mouth:

Juice from tobacco can cause damage to gums and teeth.

### Throat:

Tobacco smoke can cause cancer of the throat.

### Larynx:

Tobacco smoke can cause cancer of the larynx.

### Lungs:

Long-term use can cause emphysema. Cell damage in lungs can lead to lung cancer.

### Esophagus:

Tobacco smoke can cause cancer of the esophagus.

### Stomach:

Nicotine can lead to the development of ulcers.

### Brain:

You can become dependent on tobacco. After being a long-time smoker you can become depressed and/or nervous when you try to quit.

### Circulatory System:

Nicotine causes the heart to beat faster and blood pressure to rise. It damages arteries and leads to heart attacks.

### Kidneys:

Chemicals in tobacco are linked to cancer of the kidneys.

### Pancreas:

Chemicals from cigarettes can cause cancer of the pancreas.

### Bladder:

Chemicals in tobacco are linked to cancer of the bladder.

**Our body needs oxygen to survive. Our lungs breathe in oxygen from the air. Our lungs need the air to be as fresh and clean as possible. People who do not smoke and do not inhale cigarette smoke have healthy, clean, pink fleshy colored lungs. People who do smoke and/or inhale what is called "second-hand smoke" have pink and black spotted lungs.**

▼ **Color the lungs to show if the person has healthy lungs or smoker's lungs. (Notice the difference in size, color, and shape).**

