

## EFFECTS OF SMOKING ON LOOKS AND LIFE: A REVIEW

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### Summary

Tobacco or cigarette smoking which have large amount of nicotine (highly addictive drug) is an addictive habit which is quite popular among teenagers and young adults these days. Because cigarettes in order to get users hooked up. Smoking it kills for sure, reduces your stamina and it make you feel tired and defenseless. Smoking again and again affects vital organs of our body like heart and lungs. Also smoking effects not only the smoker but the people around the smoker as well because the smoke which getting emitted from your lungs contains huge amounts of poisonous chemicals which are quite bad for human health and the biggest problem of second-hand smoke is that in most cases it affects children around you. It makes a male impotent and female has chances to lose their fertility. In the present review we have highlighted on the effect of smoking on different organ system of our body including physical appearance.

**KEYWORDS:** Cigarettes, Heart Disease, Smoking, Wrinkles.

### Introduction

Tobacco or cigarette smoking is an addictive habit which is quite popular among teenagers and young adults these days. Because cigarettes have large amount of nicotine (highly addictive drug) in order to get users hooked up. So there is no surprise that the millions people worldwide finding it really hard to quit smoking. Although the effects of smoking on our bodies are quite well known to both smokers and non-smokers people still getting hooked on smoking and this addiction to nicotine and in many cases long term habit makes quitting really hard to most people. Smoking is known to be a norm with in some social circles, especially among teenagers and young adults and generally socially accepted this habit has no benefits to both smokers and non-smokers<sup>1</sup>. Not only smoking is highly addictive and hooks you in spending lots of money on cigarettes, but also it can result in serious life threatening diseases and also it will result in less serious but still quite disgusting problems like bad breath, yellow teeth and fingers, bad skin etc. Also smoking effects not only the smoker but the people around the smoker as well because the smoke which getting emitted from your lungs contains huge amounts of poisonous chemicals which are quite bad for human health and the biggest problem of second-hand smoke is that in most cases it affects children around you<sup>2</sup>.

## EFFECTS OF SMOKING ON LOOKS AND LIFE

### 1. Poor Skin Tone

If you smoke, you can rapidly age your face. In 10 years of smoking, you can add up to another 10 years of wrinkles on your face. That means if you started smoking when you were 20, by the time you were 30 you would look 40. Smoking chronically deprives the skin of oxygen and nutrients. So some smokers appear pale, while others develop uneven coloring. "But this develops more quickly in people who smoke<sup>3</sup>."



Figure 1: Poor Skin Tone in Cigarette Smokers

### 2. Sagging Skin

There are more than 4,000 chemicals in tobacco smoke and many of them trigger the destruction of collagen and elastin. These are the fibers that give your skin its strength and elasticity. Smoking or even being around secondhand smoke "degrades the building blocks of the skin," The consequences include sagging skin and deeper wrinkles. These wrinkles usually start around the mouth and eyes. When it comes to aging the skin, smoking comes in second only to the sun. So if you have not started smoking don't. If you have it's not to late take action now and stop<sup>4</sup>.



Figure 2: Sagging Skin in Cigarette Smokers

### 3. Sagging Arms and Breasts

Smoking doesn't only damage the appearance of your face; it can also take a toll on your figure. As skin loses its elasticity, parts that were once firm may begin to droop. This includes the inner arms and breasts. Researchers have identified smoking as a top cause of sagging breasts<sup>5</sup>.



**Figure 3: Sagging Arms and Breasts in Cigarette Smokers**

#### 4. Lines Around the Lips

Smoking delivers a one-two punch to the area around your mouth. First, you have the smoker's pucker. "Smokers use certain muscles around their lips that cause them to have dynamic wrinkles that nonsmokers do not. Second, you have the loss of elasticity. Together, these factors can lead to deep lines around the lips <sup>6</sup>.



**Figure 4: Lines Around the Lips in Cigarette Smokers**

#### 5. Age Spots

Age spots are blotches of darker skin color that are common on the face and hands. While anyone can develop these spots from spending too much time in the sun, research suggests smokers are more susceptible. In this image, the twin on the right spent decades smoking and sunbathing, while her sister did not <sup>7</sup>.



**Figure 5: Age Spots in Cigarette Smokers**

### 6. Damaged Teeth and Gums

Yellow teeth are one of the most notorious effects of long-term smoking, but the dental damage doesn't stop there. People who smoke tend to develop gum disease, persistent bad breath and other oral hygiene problems. Smokers are twice as likely to lose teeth as nonsmokers. Smoking really does a number on your teeth too. It is not real pretty. Smoking causes severe discoloration of your teeth. Not only will it cause discoloration, but it also gives you really bad breath. This bad breath can become chronic, otherwise known as halitosis<sup>8</sup>.



Figure 6: Damaged Teeth and Gums in Cigarette Smokers

### 7. Stained Fingers and Nails

If you've been smoking for awhile, take a good look at your fingernails and the skin of your hands. Tobacco can actually stain the skin and nails, as well as the teeth. The good news is these stains tend to fade when you quit smoking. Cigarettes have tar in them and this is what stains the nails. The more you smoke the darker they get. Not only can your fingernails get stained but the fingertips too. This can all be remedied by not starting smoking or if you are a smoker, stopping<sup>9</sup>.



Figure 7: Stained Fingers and Nails in Cigarette Smokers

### 8. Hair Loss

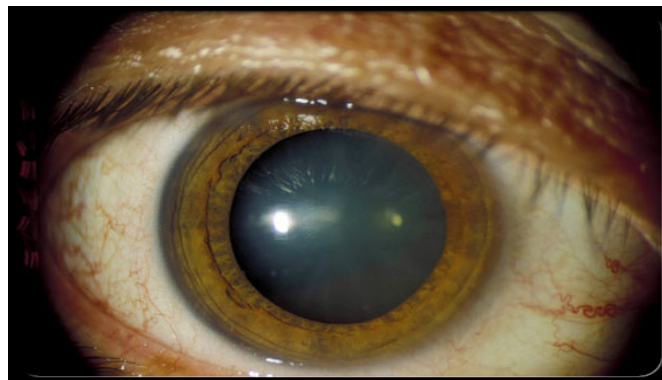
Both men and women tend to develop thinner hair as they age and smoking can accelerate this process. Some studies even suggest people who smoke are more likely to go bald. Smokers are up to four times more likely to have these problems with their hair, thanks to the chemicals in cigarettes. They starve your hair of oxygen and make it dull, lifeless and brittle and in the long run contribute to hair loss, premature graying and balding<sup>10</sup>.



**Figure 8: Hair Loss in Cigarette Smokers in Cigarette Smokers**

### 9. Cataracts

Even the eyes are vulnerable to tobacco's reach. Smoking makes you more likely to develop cataracts as you age. These are cloudy areas on the lens of the eye that keep light from reaching the retina. If they cause serious vision problems, they are treated with surgery <sup>11</sup>.



**Figure 9: Cataracts in Cigarette Smokers**

### 10. Psoriasis

Psoriasis is a chronic condition that most often causes thick, scaly patches on the skin usually on the knees, elbows, scalp, hands, feet, or back. The patches may be white, red, or silver. Recent studies suggest smokers have a greater risk of developing psoriasis <sup>12</sup>.



**Figure 10: Psoriasis in Cigarette Smokers**

### 11. Crow's Feet Eye Wrinkles

Everyone gets wrinkles on the outside of the eyes eventually, but these wrinkles develop earlier and go deeper among smokers. Heat from burning cigarettes and squinting to keep smoke out of your eyes contribute to visible crow's feet. Meanwhile, chemicals from inhaled tobacco cause internal damage to the skin structures and blood vessels around your eyes<sup>13</sup>.



Figure 11: Crow's Feet Eye Wrinkles in Cigarette Smokers

### 12. Brittle Bones

Everyone knows the lungs take a beating from smoking, but research has pinpointed additional, surprising ways that tobacco affects the body, starting with your bones. Smoking raises your risk of developing weakened bones, or osteoporosis. This condition increases your risk for bone fractures including those of the spine, causing it to curve and leaving you hunched over<sup>14</sup>.

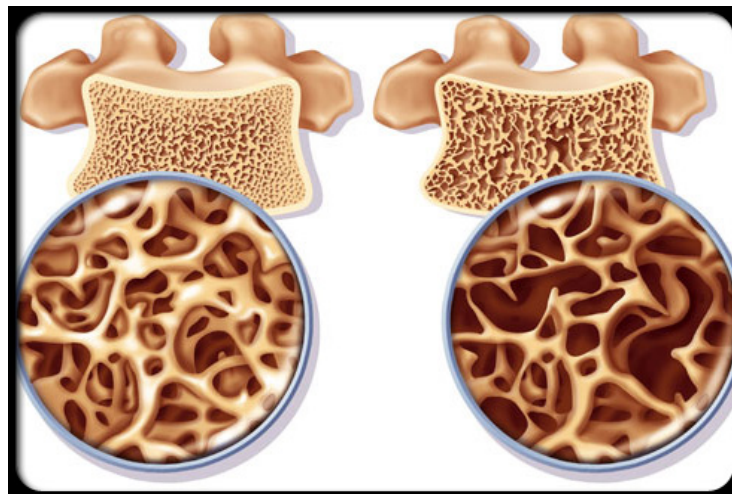
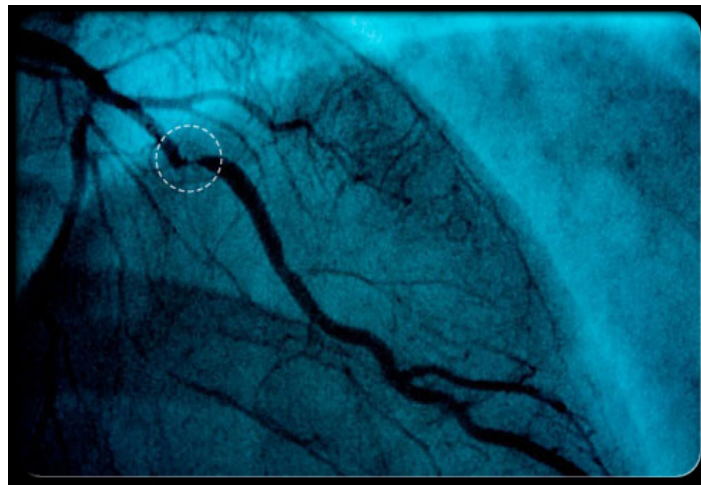


Figure 12: Brittle Bones in Cigarette Smokers

### 13. Heart Disease and ED

Smoking affects nearly every organ in the body, including the heart. In people who smoke, the arteries that carry blood to the heart become narrowed over time. Smoking also increases blood pressure and makes it easier for blood to clot. These factors raise the odds of having a heart attack. In men who smoke, reduced blood flow can lead to erectile dysfunction<sup>15</sup>.



**Figure 13: Heart Disease and ED in Cigarette Smokers**

#### 14. Reduced Athletic Ability

Smoking's impact on the heart and lungs can add up to a significant disadvantage on the track or field. Smokers tend to have a more rapid heart rate, poorer circulation and more shortness of breath not helpful qualities in an athlete. Whatever your favorite sport, one way to enhance your performance is to quit smoking<sup>16</sup>.



**Figure 14: Reduced Athletic Ability in Cigarette Smokers**

#### 15. Reproductive Problems

Women who smoke have a tougher time getting pregnant and giving birth to a healthy baby. Cigarettes have been linked to fertility problems. And smoking during pregnancy raises the odds of having a miscarriage, premature birth, or delivering a low-birth-weight infant<sup>17</sup>.



Figure 15: Reproductive Problems in Cigarette Smokers

### 16. Early Menopause

It's something all women have in common: menopause, the phase when female hormones decline and the menstrual cycle stops for good. Most women experience this change around age 50. But smokers reach menopause an average of 1 1/2 years earlier than women who don't smoke. The effect is strongest in women who have smoked heavily for many years<sup>18</sup>.

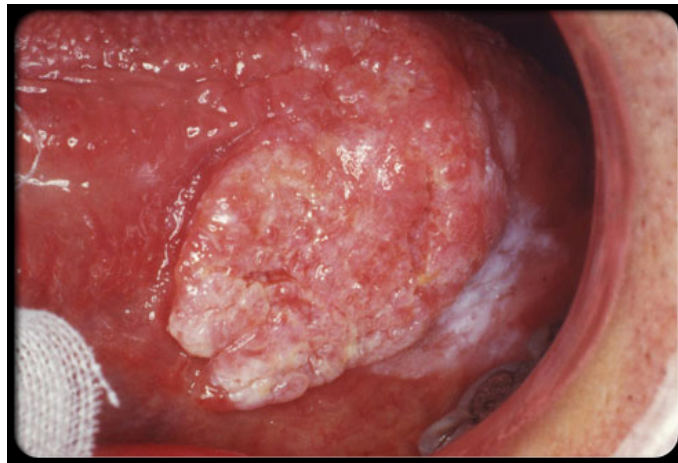


Figure 16: Early Menopause in Cigarette Smokers

### 17. Oral Cancer

Compared to nonsmokers, smokers are six times more likely to get oral cancer. People who chew tobacco or use other smokeless tobacco products are 50 times more likely to develop this form of cancer. The most common symptoms include a sore patch on the tongue, lips, gums, or other area inside the mouth that doesn't go away and may be painful<sup>19</sup>.

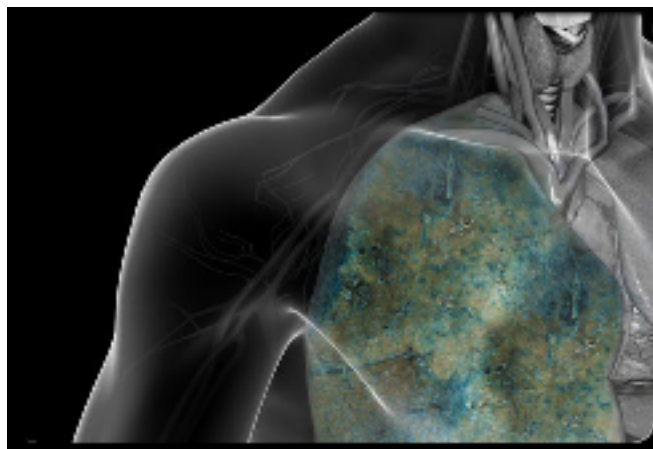




**Figure 17: Oral Cancer in Cigarette Smokers**

### **18. Lung Cancer**

Lung cancer is the top cancer killer of men and women in the U.S. of those who die from the disease, 9 out of 10 deaths are due to smoking. Cigarettes can also damage the lungs in other ways, making people more vulnerable to breathing problems and dangerous infections like pneumonia <sup>20</sup>.



**Figure 18: Lung Cancer in Cigarette Smokers**

### **19. Combating Skin Damage: Creams**

When you quit smoking, you make your skin more resistant to premature aging. As for the wrinkles and age spots you already have, all is not lost. These include topical retinoids and antioxidants, such as vitamins C and E. She also recommends wearing sunscreen every day <sup>21</sup>.



Figure 19: Combating Skin Damage in Cigarette Smokers

### EFFECTS OF SMOKING ON VARIOUS BODY ORGAN

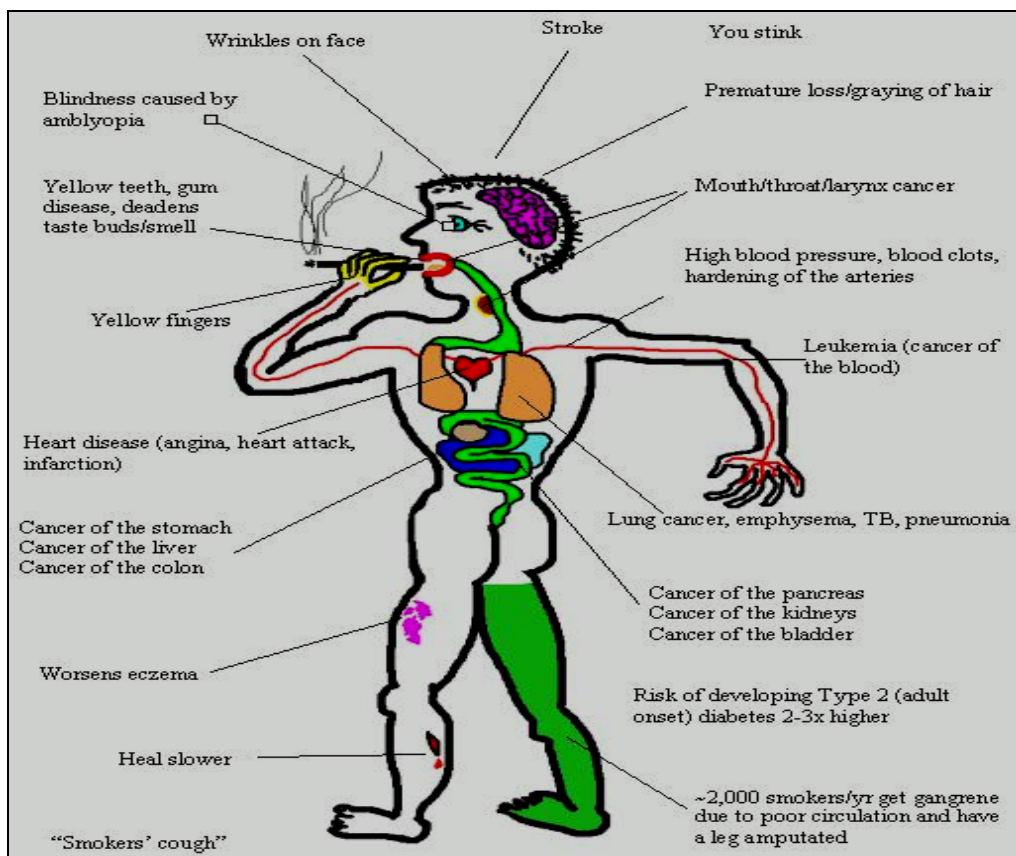
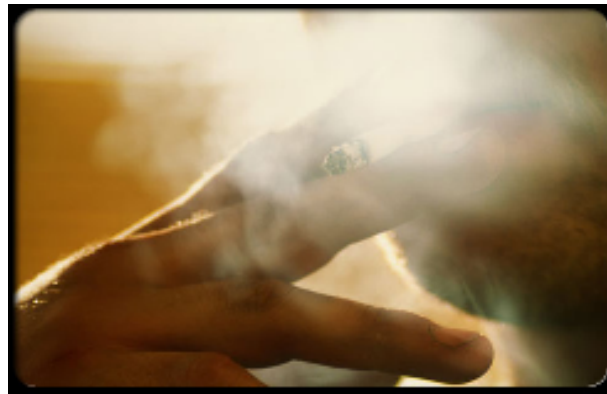


Figure 20: Effects of Smoking on Various Body Organ

### CIGARETTE STENCH

Quitting eliminates the pervasive smell of cigarettes on your breath and in your hair and clothes. This is unattractive to nonsmokers and carries health hazards, too. The odor means that the people around you are exposed to tobacco toxins, sometimes called "third-hand smoke." These toxins can be especially harmful to small children<sup>22</sup>.



**Figure 21: CIGARETTE STENCH**

### **QUITTING SMOKING IMPROVES YOUR HEALTH**

In just 20 minutes, blood pressure and heart rate return to normal. Within 24 hours, your heart attack risk begins falling. In the first weeks after quitting, tiny cilia start back to work sweeping irritants out of the lungs. Within a year, your risk of developing heart disease drops to half that of people who still smoke. And after 10 smoke-free years, you're no more likely to die of lung cancer than someone who never smoked <sup>23</sup>.

### **CAN YOU QUIT**

Experts agree that giving up cigarettes is very difficult. But if you're telling yourself it's impossible, think again. While there are 45 million smokers in the U.S., there are at least 48 million former smokers. If 48 million people could quit, it is doable. Just keep in mind that most people have to try more than once and only 4%-7% succeed without help. Ask your doctor which smoking-cessation strategies might be right for you <sup>24</sup>.



**Figure 21: Quite Smoking**

### **Conclusion**

Smoking a life hazardous problem in a social world affects wholly or partially on the looks and life of individual. Quitting smoking provides enormous health benefits, but some smoking-caused damage simply cannot be reversed. Moreover, many of the effects outlined here can cause considerable harm to skin, bones, nails, eyes and can cause various dreadful diseases like heart diseases, lung and oral cancer, hair loss, reduced athleticism etc. In male it may lead to erectile dysfunction, impotency while in female it can cause early menopause and during pregnancy raises the odds of having a miscarriage, premature birth, or delivering a low-birth-weight infant. Hence to be get assured with good looks and life say no to smoking.

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