



TOBACCO

Found in cigarettes which are smoked and shisha which is smoked through a waterpipe (hookah). Tobacco contains the addictive substance nicotine.



Physical Health risks

- ✓ Lung cancer: Smoking causes up to 85% of cases
- ✓ Respiratory diseases: emphysema, and bronchitis.
- ✓ Cardiovascular diseases and stroke
- ✓ Skin aging: Wrinkles, fine lines, age spots.
- ✓ Reproductive problems: Infertility, impotence, pregnancy complications
- ✓ Smoking also harms other people around you.

Effects on the brain

- ✓ Addiction: Nicotine leads to dependence.
- ✓ Increased risk of depression and anxiety.
- ✓ Brain damage which can lead to dementia
- ✓ Reduced brain volume for long term use
- ✓ Schizophrenia
- ✓ Impaired cognition: Attention, memory, and learning affected.

