1. Tobacco Free Initiative
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2. Cardiacs
Smoking is believed to cause or worsen several heart conditions. Smoking affects the rate of cardiacs, a clotting of the artery walls that can impair heart function and may lead to damage. Smoking causes cardiac in two ways by releasing nicotine into the blood and relaxing chemicals into the lungs that fluff up the blood stream to the arteries.

3. Wrinkling
Smoking prematurely ages skin by wearing down the proteins that give it elasticity, depleting it of vitamins A and
restricting blood flow. Smoker's skin is dry, leathery and etched with tiny lines, especially around the lips and eyes.

4. Hearing loss
Because smoking creates plaque on blood vessels walls, decreasing blood flow to the inner ear, smokers can lose their hearing earlier than non-smokers and are more susceptible to hearing loss caused by ear infections or loud noise. Smokers are also three times more likely than non-smokers to get middle ear infections.

5. Cancer
More than 40 chemicals in tobacco smoke have been shown to cause cancer. Smokers are some 20 times more likely to develop lung cancer than non-smokers. Smoking causes about 90% of lung cancers in men and 80% in women. Smoking also suggested a link between heavy smoking and breast cancer.

6. Tooth decay
Smoking damages the mouth's chemistry, creating excess plaque and yellowing teeth. This increase in plaque that smoking contributes to tooth decay. Smokers also have one and a half times more likely to lose their teeth.

7. Emphysema
In addition to lung cancer, smoking causes emphysema, a weakening and rupturing of the lung's air sacs that reduces the lung's capacity to take in oxygen and expel carbon dioxide. Emphysema is a chronic disease of the lung that is irreversible. Smoking is a major factor in the development of emphysema.

8. Osteoporosis
Carbon monoxide, the main poisonous gas in car exhaust fumes and cigarette smoke, leads blood more easily than non-smokers. Smoking also diminishes sperm count and is one of the biggest risk factors for developing cardiovascular diseases.

9. Heart disease
One out of three deaths in the world is due to cardiovascular disease. Smoking is one of the biggest risk factors for developing cardiovascular diseases. These diseases kill more than a million people a year in developing countries.

10. Stomach ulcers
Smoking reduces resistance to the bacteria that cause stomach ulcers. It also impairs the stomach's ability to neutralize acid after a meal, making the acid to eat into the stomach lining. Smoking's ulcers are harder to treat and more likely to recur.

11. Discoloured fingers
The tar in cigarette smoke collects on the fingers and fingernails, staining them in a yellowish-brown.

12. Cervical cancer and miscarriage
Smoking increases the risk of cancer of the male cervix, smoking can lead to fertility problems for women and can cause death and birth defect.

13. Deformed sperm
Smoke can deform and damage the DNA, which can cause miscarriage or both defects. Some studies have found that men who smoke 20 cigarettes a day have sperm that are twice as likely to be deformed as those of nonsmokers. Smoking also reduces the blood flow to the penis, which can make it difficult for men to ejaculate.

14. Buerger's disease
Buerger's disease, also known as thromboangiitis obliterans, is an inflammation of the arteries, veins, and nerves in the legs, leading to restricted blood flow. Left untreated, Buerger's disease can lead to gangrene (death of body tissue) and amputation of the affected limbs.