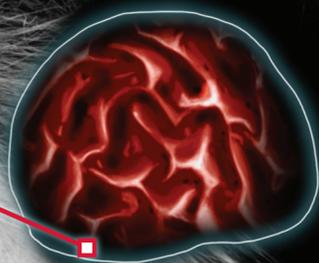


# WHAT YOU DON'T KNOW ABOUT SMOKING CAN KILL YOU.

## BRAIN, MOOD AND MEMORY

- Damage to brain neurons affects mood, well-being, and memory<sup>1</sup>
- Blood vessels to the brain constrict, depriving it of oxygen<sup>1</sup>
- Withdrawal symptoms: mood swings, headaches, anxiety<sup>2</sup>



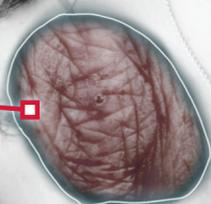
## SENSE OF SMELL

- Nerves in the back of the nose are damaged<sup>3</sup>
- Sense of smell is dulled<sup>3</sup>
- Congestion, chronic sneezing, and runny nose<sup>4</sup>



## SKIN HEALTH

- Premature wrinkles from damage to collagen and elastin, with reduction in nutrients important to skin health, such as vitamin A<sup>6</sup>
- Constricted blood vessels prevent oxygen and nutrients from reaching skin<sup>6</sup>



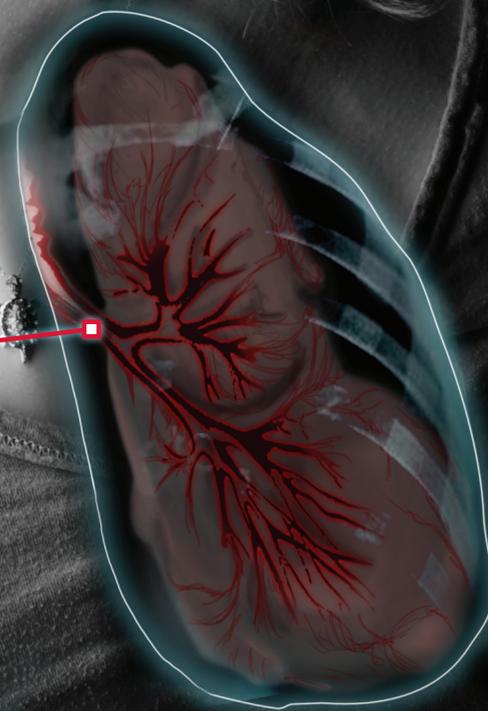
## SENSE OF TASTE

- Damaged taste receptors<sup>3</sup>
- Bitter taste may override others<sup>6</sup>
- Brain activity involved in taste sensation is suppressed<sup>7</sup>



## LUNG HEALTH

- Cilia in the lungs are paralyzed and destroyed over time, increasing risk of chest infections, chronic cough, and other diseases<sup>5</sup>
- Damage to the air sacs (alveoli) results in wheezing and shortness of breath<sup>5</sup>
- Development of lung cancer can lead to death<sup>8</sup>



Talk to your pharmacist to learn more about the many negative health effects of smoking and how they can help you quit.



teva

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