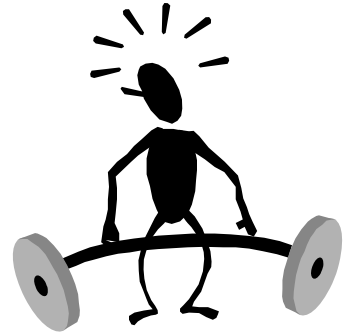


# How Tobacco Affects Your Body



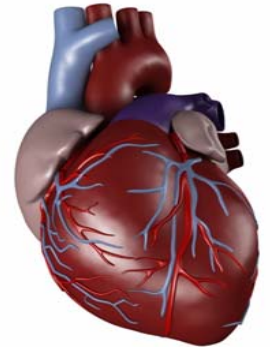
Studies show that smoking can lead to eye problems and even blindness.

Smoking keeps oxygen from getting to your muscles which can make you feel weak.



Tobacco can cause mouth cancer and gum disease.

Nicotine in cigarettes narrows blood vessels, which then forces your heart to work harder.



The tar in cigarettes can lead to lung cancer.

Nicotine can make you feel depressed, anxious and nervous.

