

Horrifying graphics reveal how smoking REALLY affects the body, from stomach ulcers and acne to infertility and problems in the bedroom...

- **Smoking kills 6 million people worldwide a year - 5 million directly and the remainder from second hand smoke**
- **Online clinic has created a new interactive tool which lays bare the grim effects smoking has on the body**
- **Includes yellowing skin, brittle nails, bowel conditions such as Crohn's, blocked blood vessels and infertility**
- **However, studies have shown that people who quit for 28 days straight are more likely to give up long term**

By [Madlen Davies for MailOnline](#)

<http://www.dailymail.co.uk/health/article-3274456/Horrifying-graphics-reveal-smoking-REALLY-affects-body-stomach-ulcers-acne-infertility-problems-bedroom.html>

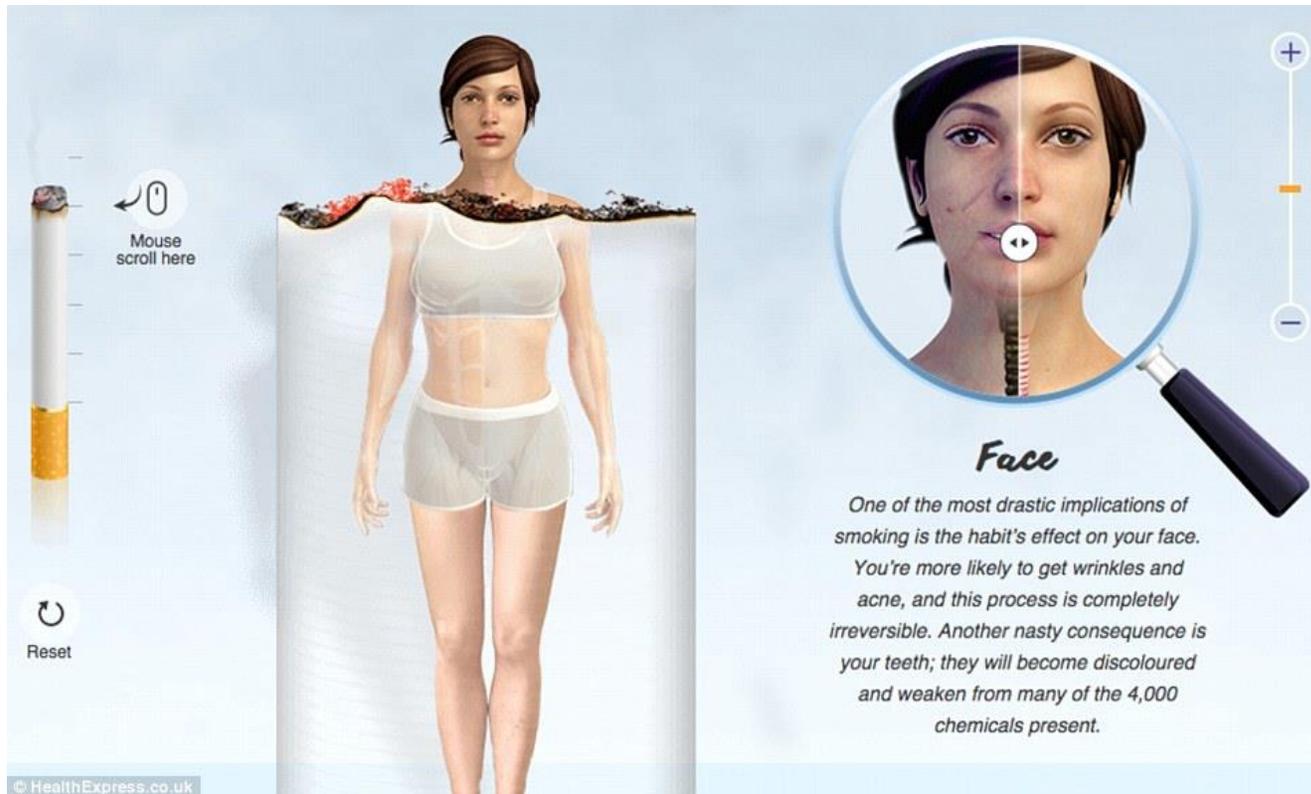
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Many people start socially smoking, and before long, they are hooked.

Every year, the habit kills around six million people a year worldwide, and causes a host of health problems.

In light of this, online clinic HealthExpress.co.uk has created an online tool which shows the grim effects of smoking on the body.

From yellow skin and brittle nails to bowel disease and blocked blood vessels in the legs, the images reveal the ghastly result of an addiction to tobacco...



Wrinkly: Smoke contains more than 4,000 chemicals so smokers are more likely to get wrinkles and acne, a completely irreversible process



Discoloured: Women have lower collagen and testosterone levels than men, resulting in thinner skin. This means smoking will age the skin faster, resulting in wrinkles, discolouration and dryness



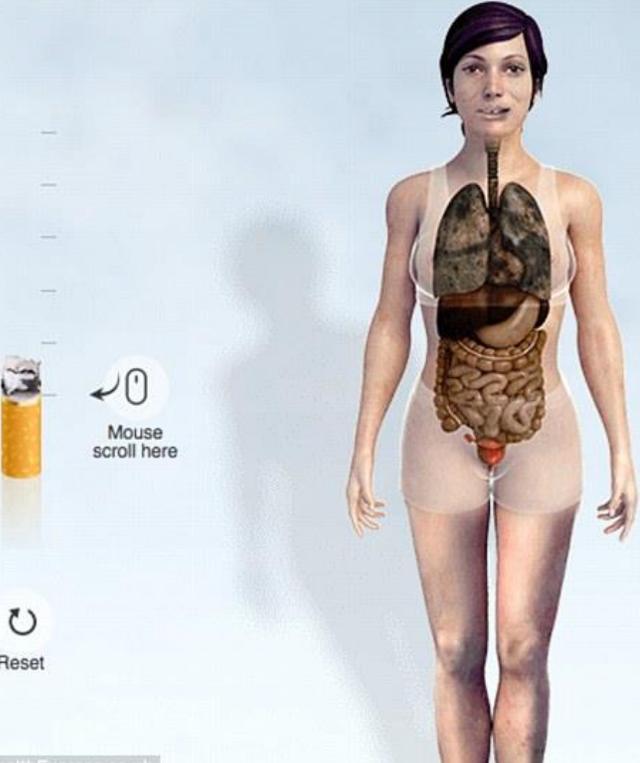
Diseased: Smoking destroys the normal structure of the lungs, raising the risks of colds, pneumonia and conditions like emphysema (also known as chronic obstructive pulmonary disease) and lung cancer



Fertility issues: Smokers are twice as likely to become infertile as non-smokers, and are likely to experience menopausal symptoms earlier



Brittle: Smoking deprives the nails of oxygen, which can leave them dry and brittle. It also raises the risk of fungal infections



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Summary

According to ASH statistics, there are currently 10 million adults in the UK who smoke. That equates to one sixth of the entire population. As the largest preventable cause of death in the world, around two thirds of smokers do want to quit but find it too difficult. However, it isn't all doom and gloom.

You are far more likely to quit for good if you can go smoke-free for 28 days straight; cue Stoptober. Over 250,000 Britons quit smoking in October last year and figures are at an all-time low. Join the growing amounts of Brits inhaling nothing but fresh air.

Find out more about the dangers of smoking

[Click here ▶](#)

Hope: People are far more likely to quit for good if they can stop smoking for 28 days straight, experts advise. Last year, more than a quarter of a million Britons quit smoking in October

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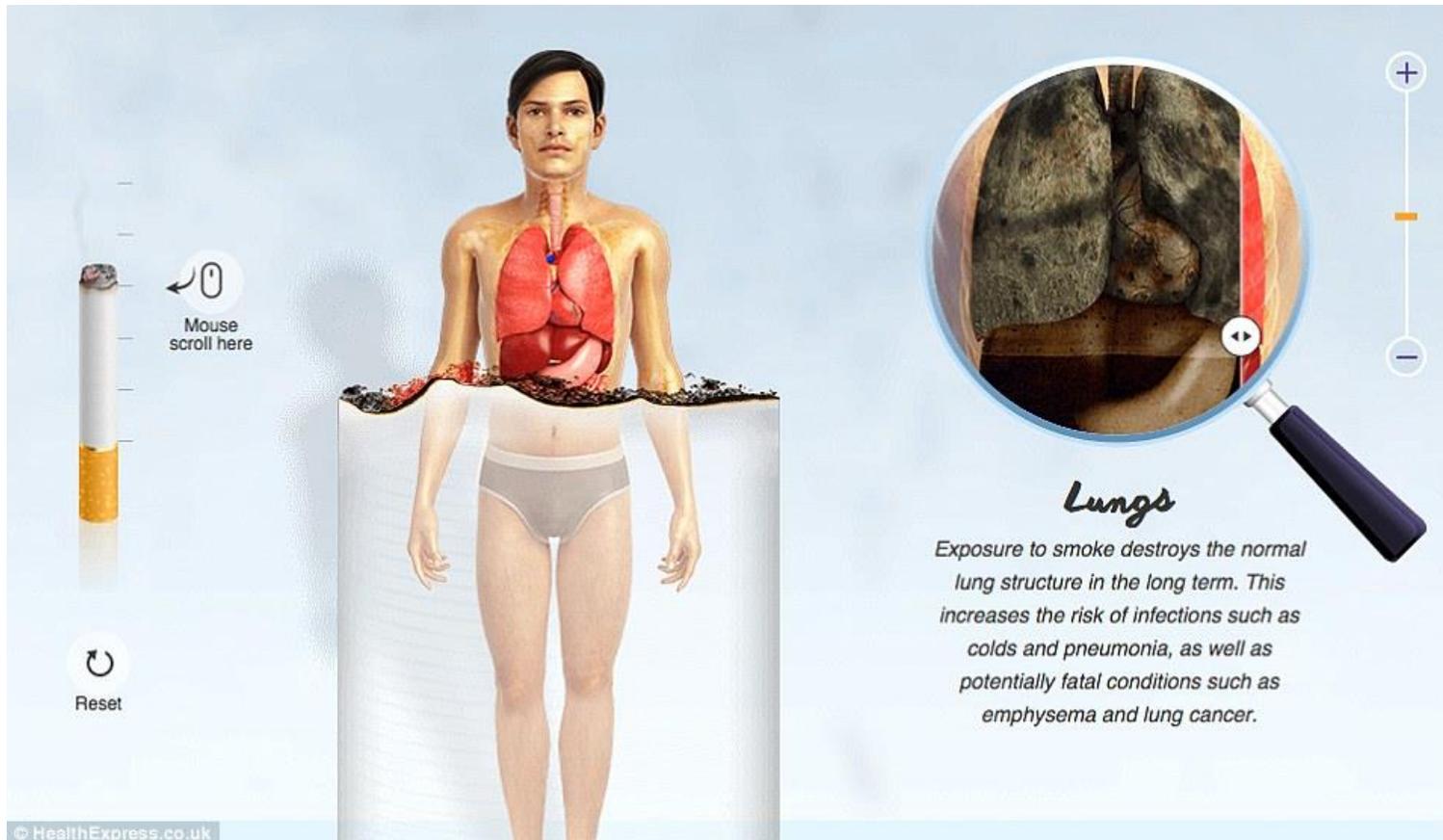
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Skin

The hugely negative effects of smoking on your skin aren't trivial; these can severely affect your confidence and are irreparable. Alongside premature ageing and flaky dryness, there's psoriasis and vasoconstriction-induced scarring to look forward to. Not to mention yellowing of the skin and unsightly discolouration.

Scarring: Smoking causes a range of skin problems including premature ageing, flakiness, dryness, psoriasis, yellowing and discolouration



Lungs

Exposure to smoke destroys the normal lung structure in the long term. This increases the risk of infections such as colds and pneumonia, as well as potentially fatal conditions such as emphysema and lung cancer.

Breathing trouble: Smoking is the biggest cause of emphysema (also known as chronic obstructive pulmonary disease or COPD)



More than an ache: Smoking is associated with stomach ulcers and bowel disorders such as Crohn's disease. It also increases the risk of developing cancer of the stomach and bowel

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Erectile Dysfunction

Cigarettes can be disastrous for your performance in the bedroom. Smoking narrows your arteries and clogs them with fatty deposits, making it harder for you to become erect. Nicotine has also been shown to have a negative effect on penile blood flow.

Bedroom trouble: Cigarettes narrow the arteries and clog them with fatty deposits, making it harder for men to become erect. Nicotine also has a negative impact on blood flow to the penis

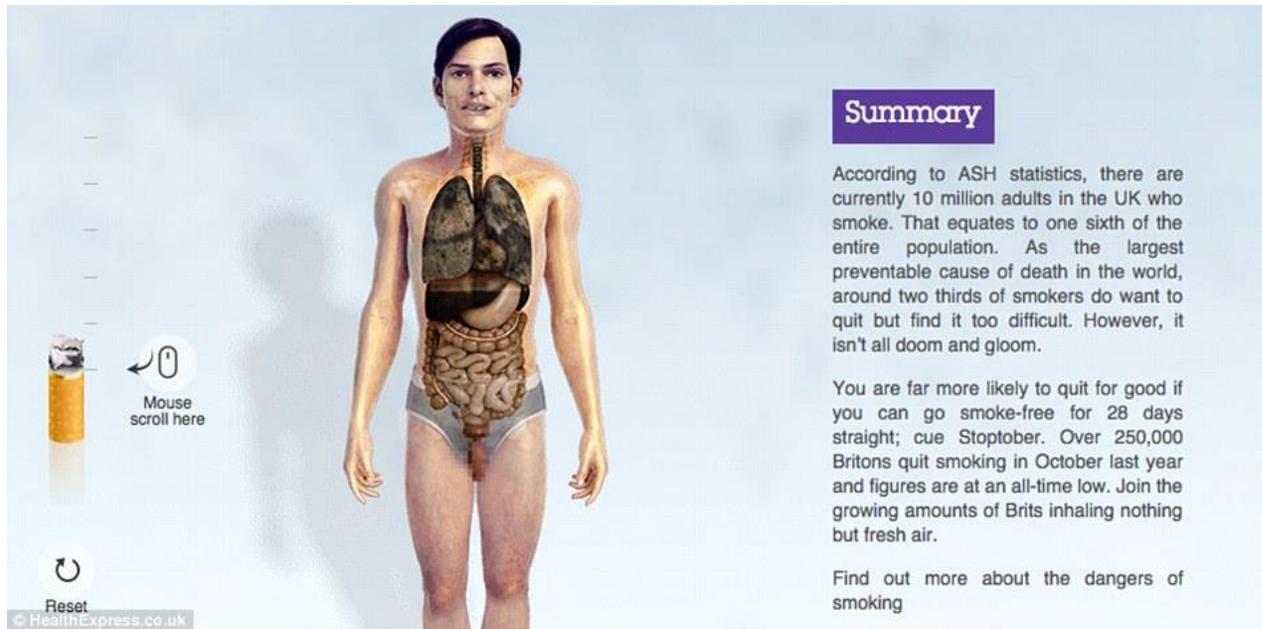
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Legs

Smoking obviously has a direct impact on your lungs (exercising becomes ridiculously difficult, not just 'normal person' difficult) however it also damages your blood vessels that will partially or entirely block your artery walls causing peripheral vascular disease (PVD) in the legs as well as arms.

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- [Effects of Smoking - HealthExpress UK](#)

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