

tpcp fact sheet

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Tobacco
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The Effects of Tobacco Use on Men

- Cigarette smoking has been strongly linked to **erectile dysfunction**, if you smoke you have a 41% greater risk of having difficulty achieving an erection.
- Erection problems in smokers may be an early warning signal that cigarettes are damaging other areas of the body, such as the blood vessels that supply the heart. This could indicate the risk of a stroke or **heart attack**.
- Smoking raises blood pressure, which can cause hypertension (**high blood pressure**) - a risk factor for heart attacks and stroke.
- Smoking worsens **asthma** and counteracts asthma medication by worsening the inflammation of the airways that the medicine tries to ease.
- Smoking may destroy hair follicles, interfere with the way blood and hormones circulate in the scalp or increase the production of estrogen, resulting in moderate or severe **hair loss**.
- Smokeless tobacco (snuff) gives you bad breath, gum erosion, and can make you **lose your teeth**. You could lose part of your tongue, mouth or throat to **cancer**.
- The blood vessels in the eyes are sensitive and can be easily damaged by smoke. Heavy smokers are twice as likely to get macular degeneration, resulting in the gradual **loss of eyesight**.

You Can Stop. We Can Help.

The Next Step:

Three Services for People Who Are Ready to Quit

1-800-Try-To-STOP www.trytostopnh.org www.BecomeAnEX.org

(1-800-879-8678)