

Les effets et les dangers du tabac

Les effets sur la bouche, le nez et la gorge

La chaleur de la cigarette abîme les **muqueuses** de la bouche et du nez. Elle favorise l'apparition de **cancer** de la bouche, du larynx et de la gorge.

Les effets sur la respiration

Les fumeurs risquent d'avoir souvent des bronchites. Ils risquent aussi un cancer du poulmon.

Les effets sur la peau

La fumée de la cigarette abîme la peau, les ongles et les cheveux.

Les effets sur les reins et la vessie

Le tabac augmente les risques de cancer des reins et de la **vessie**.

Les effets sur le cerveau

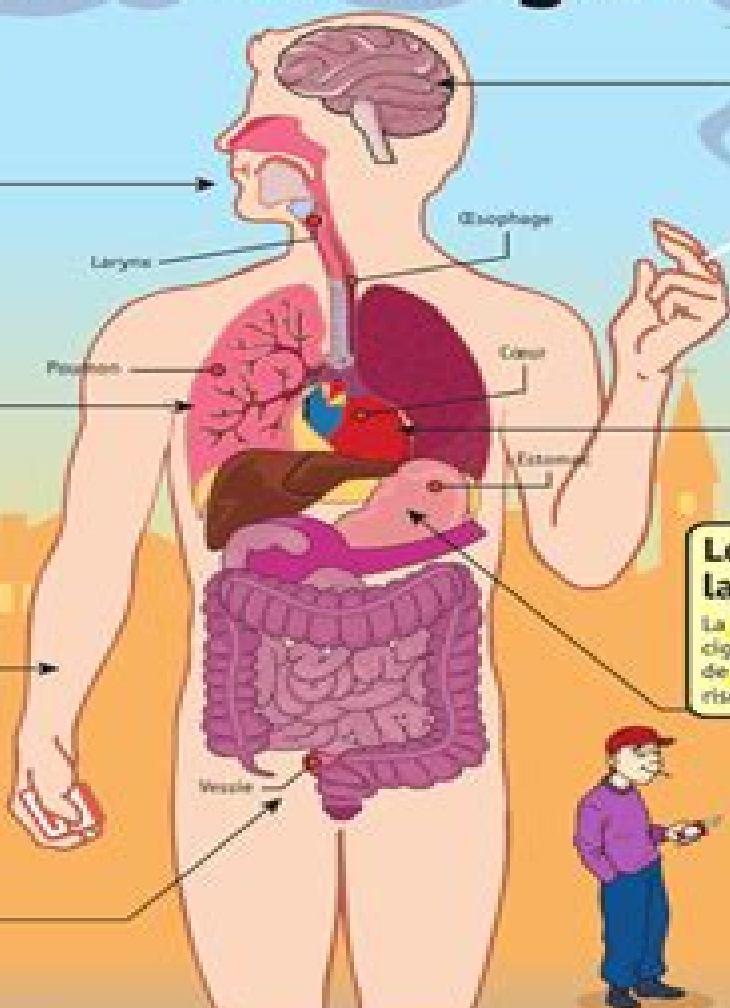
Le tabac peut provoquer des maux de tête et des vertiges. Il diminue aussi la mémoire et la capacité à se concentrer.

Les effets sur le cœur

Les fumeurs risquent deux fois plus que les non-fumeurs d'avoir un arrêt du cœur.

Les effets sur la digestion

La **nicotine** contenue dans les cigarettes favorise l'apparition de **lésions** à l'estomac. Le fumeur risque aussi un cancer de l'œsophage.



Dico

Muqueuse :
membrane qui recouvre l'intérieur des organes creux.

Cancer :
maladie très grave.
Vessie :
poche contenant le pipi.

Nicotine : produit toxique dans le tabac.
Lésion (ici) :
blessure.

Se protéger



Les Meacutefaits Du Tabac

L Reisser



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Table of Contents Les Meacutefaits Du Tabac

1. Understanding the eBook Les Meacutefaits Du Tabac
 - The Rise of Digital Reading Les Meacutefaits Du Tabac
 - Advantages of eBooks Over Traditional Books
2. Identifying Les Meacutefaits Du Tabac
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Les Meacutefaits Du Tabac
 - User-Friendly Interface
4. Exploring eBook Recommendations from Les Meacutefaits Du Tabac
 - Personalized Recommendations
 - Les Meacutefaits Du Tabac User Reviews and Ratings
 - Les Meacutefaits Du Tabac and Bestseller Lists
5. Accessing Les Meacutefaits Du Tabac Free and Paid eBooks

- Les Meacutefaits Du Tabac Public Domain eBooks
- Les Meacutefaits Du Tabac eBook Subscription Services
- Les Meacutefaits Du Tabac Budget-Friendly Options
- 6. Navigating Les Meacutefaits Du Tabac eBook Formats
 - ePub, PDF, MOBI, and More
 - Les Meacutefaits Du Tabac Compatibility with Devices
 - Les Meacutefaits Du Tabac Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Les Meacutefaits Du Tabac
 - Highlighting and Note-Taking Les Meacutefaits Du Tabac
 - Interactive Elements Les Meacutefaits Du Tabac
- 8. Staying Engaged with Les Meacutefaits Du Tabac
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Les Meacutefaits Du Tabac
- 9. Balancing eBooks and Physical Books Les Meacutefaits Du Tabac
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Les Meacutefaits Du Tabac
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Les Meacutefaits Du Tabac
 - Setting Reading Goals Les Meacutefaits Du Tabac
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Les Meacutefaits Du Tabac
 - Fact-Checking eBook Content of Les Meacutefaits Du Tabac
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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