

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

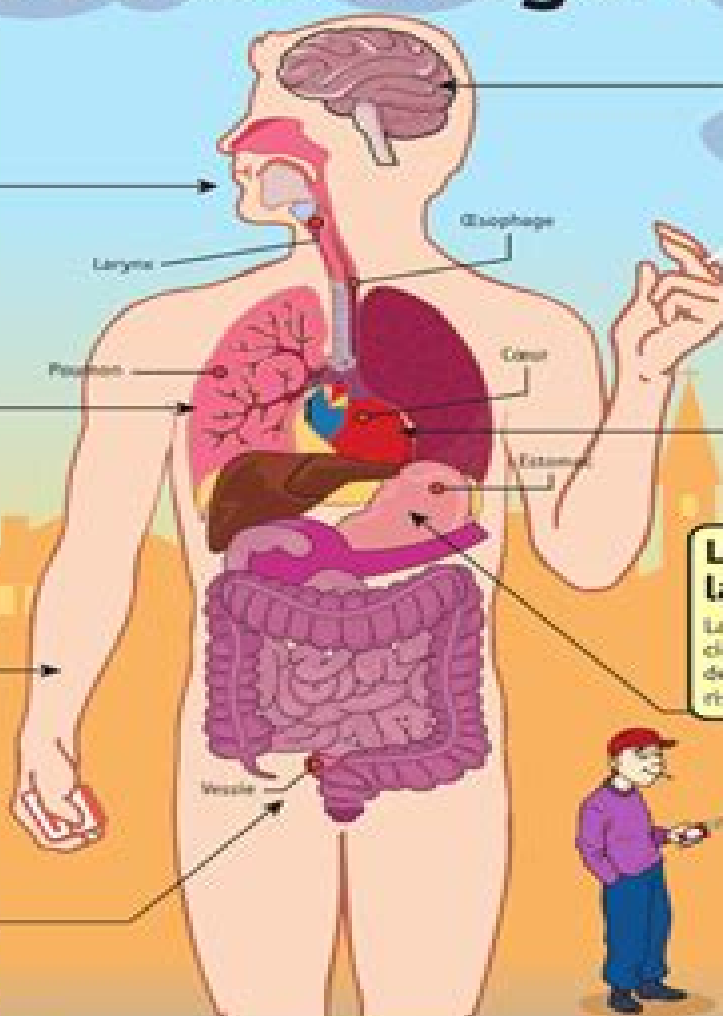
Le tabac peut provoquer des maux de tête et des vertiges. Il diminue aussi la mémoire et la capacité à se concentrer.

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.

Les Meacutefaits Du Tabac

Mark Steyvers



Les Meacutefaits Du Tabac:

Ignite the flame of optimism with *Crafted* by is motivational masterpiece, Find Positivity in **Les Meacutefaits Du Tabac** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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