

SKIN CANCER & COSMETIC
DERMATOLOGY CENTER

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Harmful Effects of Smoking and Alcohol Use on the Skin

Did you know...?

Smoking increases the risk of **Squamous Cell Carcinoma**, the second most common form of skin cancer!

Smoking also constricts blood vessels, which deprives the skin of oxygen and nutrients, damages collagen and elastin, and leads to:

- Slower wound healing
- Uneven skin tone
- Increase in age spots
- Sagging skin
- Deeper wrinkles

Other common effects of smoking:

- Gum disease, bad breath and tooth loss
- Stains on skin, nails, and teeth
- Accelerated hair loss—research shows baldness is more common in men who smoke!

Within just 2 hours of quitting smoking, your peripheral circulation may begin to improve.

Quit smoking today and save your skin!



Alcohol intake can wreak havoc on your skin!

Alcohol starves the body of essential nutrients, impairing the immune system, which may:

- Increase the risk of skin cancer
- Exacerbate conditions such as rosacea and psoriasis
- Increase risks of bacterial and fungal infections

Other common effects of alcohol use:

Dehydration:

- Causes the skin to lose its dewy appearance
- Increases fine lines and wrinkles

Flushing:

- Causes blood vessels to dilate, which may become permanent
- Damage to blood vessels can cause them to leak, leading to a puffy, swollen appearance



Eat a balanced diet, drink lots of water, and always remember to wear your sunscreen! **Your skin will thank you!**

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