

Smoking and the Hazards to Your Health

People who Smoke

- ✦ Are hospitalized 50% more often than nonsmokers
- ✦ Take more days off work due to medical problems
- ✦ Take longer to recover from surgery or radiation treatment
- ✦ Are 2-5 times more likely to have heart disease and strokes
- ✦ Are 20 times more likely to develop chronic bronchitis & emphysema
- ✦ Are 10 times more likely to develop cancer

Smoking and Death and Disease

- ✦ There are *200 poisons* in cigarette smoke, 50 of these cause cancer
- ✦ Toxins from cigarette smoke go everywhere the blood flows in the body
- ✦ Smoking directly causes *1 out of every 5 deaths* each year in the U.S
- ✦ *1 out of every 2 people who smoke* dies of a smoking-related illness
- ✦ Smoking is the leading cause of cancer deaths for both men and women
- ✦ Male smokers die *13.2 years* earlier than non-smoking males
- ✦ Female smokers die *14.5 years* earlier than non-smoking females
- ✦ Lung cancer causes more death in women than breast cancer
- ✦ 30% of all cancer deaths, 80% of COPD deaths, and 87% of lung cancer deaths are due to smoking
- ✦ Worldwide, smoking kills *1 person every 10 seconds*
- ✦ Female smokers are *10 times* more likely to die from emphysema or chronic bronchitis than nonsmoking females
- ✦ Male smokers are almost *10 times* more likely to die of bronchitis and emphysema and *22 times* more likely to die from lung cancer than non-smoking males
- ✦ Smoking is associated with *14 types* of cancer: lung, bladder, kidney, ureter, pancreas, colon and rectum, esophagus, liver, stomach, kidney, cervix, ovary, and leukemia
- ✦ Smoking is associated with many non-fatal diseases: peripheral vascular disease, cataracts, hip fracture, periodontal disease, and others

Smoking and Aging

- ✦ Smoking lowers the natural age of menopause by several years
- ✦ Smoking increases chances of developing osteoporosis in females and increases the risk of bone fractures in old age
- ✦ People who smoke have lower bone mass, contributing to increased chance of fractures
- ✦ Smoking produces facial “aging”, thickening of the skin, and wrinkles
- ✦ Smoking places one at risk for developing cataracts
- ✦ Smoking may lead to sexual problems