

# Tobacco

## TOBACCO

*"Tobacco is the most effective agent of death ever developed and deployed on a worldwide scale."*

-John Seffrin, CEO, American Cancer Society

**Source of most information on this page is from the Centers for Disease Control, United States**

[It is worth noting that the first-ever health treaty was not on HIV/AIDS or tuberculosis or influenza or malaria but on tobacco.]

it is often said that tobacco is the only product that when when used as directed, kills its customers.

Compared with nonsmokers, smoking is estimated to increase the risk of—

- smokers are between two and four times as likely to develop coronary heart disease.
- smokers are between two and four times as likely to have a stroke
- smoking men are 23 times as likely to develop lung cancer
- female smokers are 13 times as likely to develop lung cancer as non-smoking women
- dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times.
- smokers are 12 to 13 times more likely to die from lung diseases like chronic bronchitis and emphysema. (chronic bronchitis is an inflammation of the lungs which just goes on and on; emphysema is a condition where the lung loses its ability to be flexible.)

## **Smoking and Cardiovascular Disease**

- Smoking causes coronary heart disease, the leading cause of death in the United States.
- cigarette smoking narrows the blood vessels so but cannot circulate as well as it should and that puts smokers at risk of developing diseases of the blood vessels which can range from pain to loss of tissue to gangrene.
- Smoking causes abdominal aortic aneurysm (i.e., a swelling or weakening of the main artery of the body—the aorta—where it runs through the abdomen).<sup>1</sup>

## **Smoking and Respiratory Disease**

- Smoking causes lung cancer.

- Smoking causes lung diseases (e.g., emphysema, bronchitis, chronic airway obstruction) by damaging the airways and alveoli (i.e., small air sacs) of the lungs.

## **Smoking and Cancer**

Smoking causes the following cancers:

- Acute myeloid leukemia
- Bladder cancer
- Cancer of the cervix
- Cancer of the esophagus
- Kidney cancer
- Cancer of the larynx (voice box)
- Lung cancer
- Cancer of the oral cavity (mouth)
- Pancreatic cancer
- Cancer of the pharynx (throat)
- Stomach cancer

(it seems to make sense, doesn't it? You're using your lungs and blood system to circulate all the toxins that are in cigarette smoke around to the different parts of your body.)

## **Smoking and Other Health Effects**

Smoking has many adverse reproductive and early childhood effects, including increased risk for—

- infertility,
- preterm delivery,
- stillbirth,
- low birth weight, and
- sudden infant death syndrome (SIDS)

Smoking is associated with the following adverse health effects:

- Postmenopausal women who smoke have lower bone density than women who never smoked.
- Women who smoke have an increased risk for hip fracture than women who never smoked.

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[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)