

Smoking – To Die For!



Smoking and Cardiovascular Disease

- Smoking causes coronary heart disease, the leading cause of death in the United States.¹
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries) and puts smokers at risk of developing peripheral vascular disease (i.e., obstruction of the large arteries in the arms and legs that can cause a range of problems from pain to tissue loss or gangrene).^{1,7}
- 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).¹

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

- 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

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).

- 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.

Benefits of smoking

- Smoking lowers risk of knee-replacement surgery
- Smoking lowers risk of Parkinson's disease
- Smoking lowers risk of obesity.
- Smoking lowers risk of death after some heart attacks.
- Smoking helps the heart drug clopidogrel work better

Digestive system

- Risk of ulcerative colitis has been frequently shown to be reduced by smokers on a dose-dependent basis; the effect is eliminated if the individual stops smoking.
- Smokers are less often affected by aphthous ulcer.

- Smoking can also reduce rates of uterine fibroids.
- preeclampsia, an extremely common but potentially deadly condition, is significantly less common in expectant mothers who smoke cigarettes than in expectant mothers who do not smoke.
- Cigarettes reduces psychiatric, cognitive, sensory, and physical effects of schizophrenia, and also provides relief of common side effects from antipsychotic drugs.

- the children of smokers had lower rates of allergic rhinitis, allergic asthma, atopic eczema, and food allergies.