

Smoking Harms You

Smoking can cause:

■ Heart attack and stroke

- Cigarette smokers are two to four times more likely to develop heart disease than nonsmokers.
- Smoking doubles your chances for having a stroke.
- One year after a person stops smoking, the risk of having a heart attack or stroke will drop by more than half.

■ Cancer

- Smoking increases your risk of developing cancers of the bladder, kidney, larynx (voice box), lung, pancreas, stomach, and uterus.
- Smoking causes about 80 to 90 percent of lung cancer.
- The cancer death rate for men who smoke cigarettes is more than double that of nonsmokers.
- Men who smoke are 22 times more likely to develop lung cancer than men who have never smoked.
- Women who smoke are 12 times more likely to develop lung cancer than women who have never smoked.

Smoking and secondhand smoke can cause:

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis
- More colds, sore throats, and respiratory infections
- Asthma attacks
- Increased risk to developing heart disease

Unpleasant effects of smoking include:

- Yellow stains on teeth and fingers
- Bad breath
- Gum disease
- Early wrinkling of the skin
- Decreased sense of smell and taste

