



Smoking Causes Lung Cancer
A CAT scan of a patient showing (1) emphysema, (2) a lung cancer tumor and (3) a pack of cigarettes in his shirt pocket.

Tobacco use diminishes health throughout an individual's lifetime, and these effects accumulate throughout adulthood, resulting in preventable illness and, all too often, premature death. Nicotine is most efficiently delivered through smoking, resulting in death to nearly half of lifetime users. Over the years, other nicotine products have entered the market in a cloud of controversy and debate. Tobacco companies have introduced products marketed in a manner that implies they are "safer," but RESEARCH INDICATES THAT THERE IS NO COMPLETELY SAFE FORM OF TOBACCO. Smoking cigarettes, including cigarettes with low tar as measured by a machine, has been scientifically proven to harm nearly every organ in the body and to increase morbidity and mortality. Smokeless tobacco products increase the risk of oral cancers, and smokers of cigars, pipes, water pipes, kreteks, and bidis also experience serious adverse health consequences.

Smoking is particularly harmful to pregnant women and their fetuses. Smoking during pregnancy is dangerous to the mother and can cause growth retardation, low birth weight, and possibly death of the fetus.

The harm caused by today's tobacco use will extend for decades into the future, which is made more tragic by the fact that the negative effects of tobacco are entirely preventable. Quitting tobacco use greatly reduces illness by immediately providing short-term benefits and lowering the risk of all diseases caused by smoking.

THE INDUSTRY SAYS:

"We recognize that cigarettes are an addictive product. That doesn't mean you can't stop smoking. But nicotine is not the issue. It's the other compounds that are created—they're called volatile compounds—that are created in smoke. They're the ones who create the harm, and they're the ones we're working on in terms of our reduced risk products."

Louis Camilleri, CEO,
Philip Morris International, 2011

Deadly Chemicals in Tobacco Smoke

Tobacco smoke contains more than 7,000 chemicals and compounds. Hundreds of these are toxic and at least 69 are cancer-causing.

| | |
|------------------|----------------------------|
| Acetone | Faint Stippler |
| Acetylene | Welding Touches |
| Arsenic | Anti-Poison |
| Benzene | Napalm |
| Butane | Lighter Fluid |
| Cadmium | Car Batteries |
| Carbon Monoxide | Car Exhaust Fumes |
| DDT | Insecticide |
| Formaldehyde | Embalming Fluid |
| Hydrogen Cyanide | Lethal Execution by Gas |
| Lead | Old Faint, Leaded Gasoline |
| Methanol | Rocket Fuel |
| Nicotine | Cockroach Poison |
| Phenol | Toilet-Bowl Disinfectant |
| Polonium 210 | Nuclear Weapons |
| Toluene | Industrial Solvent |
| Vinyl Chloride | Plastics |

RESEARCH SAYS:

"To date, no tobacco products have been scientifically proven to reduce the risk of tobacco-related disease, improve safety, or cause less harm than other tobacco products."

Food and Drug Administration, US, 2011

How Tobacco Harms You

Eyes
Blindness (macular degeneration)
Cataracts
Stinging, excessive tearing and stinking

Ears
Hearing loss
Ear infection

Nose
Cause of nasal cavities and postnasal drip
Impaired sense of smell

Heart
Primary heart disease (heart attack)
Atherosclerosis, thrombosis and occlusion of coronary vasculature

Chest & Abdomen
Significantly increases risk of breast cancer
Esophageal cancer
Gastric cancer and pancreatic cancer
Abdominal aortic aneurysm, papillary carcinoma, esophagus and larynx

Hands
Peripheral vascular disease
poor circulation (cold fingers)

Male Reproduction
Infertility, sperm abnormality
less of mobility
reduced number
implantation

Skeletal System
Osteoporosis
Hip fracture
Susceptibility to back problems
Chronic low back pain

Circulatory System
Buerger's disease (inflammation of arteries, veins, and nerves in the legs)
Artery disease and leukoaraiosis

Brain & Psyche
Stroke (cerebrovascular accident)
Addiction withdrawal
Altered brain chemistry
Anxiety about tobacco's health effects

Hair
Thin and discoloration

Mouth & Throat
Cancers of lips, mouth, throat, larynx and pharynx
Sore throat
Impaired sense of taste
Halitosis (bad breath)

Teeth
Periodontal (gum) disease, gingivitis, periodontitis
Loose teeth, tooth loss
Root surface caries, plaque
Discoloration and staining

Lungs
Laryngeal cancer, and tracheal cancer
Chronic obstructive pulmonary disease (COPD), emphysema
Chronic bronchitis
Respiratory infection, influenza, pneumonia, tuberculosis
Shortage of breath, asthma
Thin airway, excessive sputum production

Liver
Liver cancer

Kidneys & Bladder
Kidney and bladder cancer

Skin
Psoriasis
Loss of skin for a wrinkling, premature aging

Female Reproduction
Cervical cancer
Premature ovarian failure, early menopause
Reduced fertility
Painful menopause

Wounds & Surgery
Impaired wound healing
Acute postoperative recovery
Risks from cigarettes and from fires caused by cigarettes

Immune System
Impaired resistance to infection

Legs & Feet
Peripheral vascular disease
cold feet, leg pain, gangrene
Deep vein thrombosis (DVT)

Risk Factors

Tobacco is the only risk factor shared by all of the four leading noncommunicable diseases.

| Tobacco Use | Unhealthy Diets | Lack of Physical Activity | Harmful Use of Alcohol |
|---|-------------------------------------|-------------------------------------|-------------------------------------|
| CARDIOVASCULAR <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| DIABETES <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| CANCER <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| CHRONIC RESPIRATORY <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Health Risks of Smoking During Pregnancy

Mother
Abruptio placentae
Placenta previa
Premature rupture of membranes
Preterm labor
Spontaneous abortion/miscarriage
Fetal growth delay

Fetuses, Infants, Children
Stunted gestational development
Stillbirth
Sudden Infant Death Syndrome (SIDS)
Reduced lung function and impaired lung development
Asthma exacerbation
Acute lower respiratory infection, bronchitis, pneumonia
Respiratory infections, such as influenza, whooping cough, measles
Oral cleft

Smoking increases the risk of tuberculosis and is responsible for approximately 20% of total TB incidence.

Smokers with HIV are nearly twice as likely to develop respiratory infections, resulting in poorer health outcomes.

Smoking 25 or more cigarettes a day was found to double the risk of type 2 diabetes in women in the US.