

TOBACCO AND ILLNESS

1. **Smoking affects the sense of taste and smell.**
2. **Overall Deaths:** Cigarette smoking kills an estimated 440,000 U.S. citizens each year. This is equivalent to four fully loaded jumbo jets crashing each day, each one without any survivors.
3. **Cancer: The death rates from cancer are twice as high among smokers as nonsmokers. In fact, one third of all cancer deaths can be attributed to smoking.**
 - Smoking causes 90% of the deaths from lung cancer, the # 1 killer cancer of both men and women. M 75% of lung cancer patients die within the first year of diagnosis. After five years, that percentage goes up to 93%.
 - Smoking is also associated with cancers of the mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney, ureter, and bladder.
 - Smoking has been found to be a cause of liver cancer.
 - Smoking is a cause of cancer of the esophagus.
 - Smokers have twice as high a risk to develop pancreatic cancer as non-smokers.
 - Cigarette smoking is linked to leukemia.
 - Kidney cancer is more prevalent in smokers than in non-smokers.
4. **Lungs:** Besides causing lung cancer:
 - Smoking causes obstructive lung disease, which includes bronchitis and emphysema.
 - Smoking causes chronic bronchitis.
 - Smoking causes emphysema.
 - Smoking worsens asthma symptoms in adults and children.
 - Cigarette smoking has been linked to pneumonia.

Bloodflow:

- Carbon monoxide in tobacco smokes reduces the oxygen carried by the blood to all parts of the body, including the heart and brain.
- Smokers are more likely to develop a stroke.
- Heavy smokers (20 or more cigarettes a day) have a 2-4 times greater risk of stroke than non-smokers.
- Smokers are more likely to die from aneurysms, particularly of the abdomen.

- Smokers have a 16 times greater risk of developing blocked blood vessels in the legs or feet than non-smokers.
- Smokers who ignore warning of early symptoms and continue to smoke are more likely to develop gangrene of a leg.

Heart:

- Within one minute of smoking the heart rate begins to rise, and may increase as much as 30 percent during the first 10 minutes of smoking.
- Smoking increases blood cholesterol levels.
- Smoking increases the risk of stroke, heart attack, vascular disease, and aneurysm.
- Smoking has been estimated to cause 21% of deaths from coronary heart disease each year.

Eyesight:

- Cigarette smoking has been conclusively linked to cataracts.
- Cigarette smoking more than doubles the risk of Age-Related Macular Degeneration, the leading cause of blindness in people over the age of 55.

Women:

- Women smokers go through menopause up to 2 years earlier than non-smokers.
- Female smokers are at a greater risk of developing osteoporosis.

Appearance:

- Tobacco smoke has a drying affect on the skin's surface.
- Smoking restricts blood vessels, so it reduces the amount of blood flowing to the skin.
- The smoker's skin ages faster.
- Smoking causes premature wrinkling.
- Smokers in their 40's often have as many facial wrinkles as a non-smokers in their 60's.
- Smokers' skin can be prematurely aged by between 10 and 20 years.
- Smoking causes discoloration of finger and fingernails.
- Smoking results in a yellowing of the teeth.
- Smokers are more likely to develop facial wrinkles at a younger age.