

Health Effects of Cigarette Smoking¹

CANCER

- ⊗ The risk of dying from lung cancer is more than 23 times higher among men who smoke, and about 13 times higher among women who smoke versus never smokers.
- ⊗ Rates of cancers related to cigarette smoking vary widely among members of racial/ethnic groups, but are generally highest in African-American men.
- ⊗ Cigarette smoking increases the risk for many types of cancer, including cancers of:
 - lip
 - oral cavity
 - pharynx
 - stomach
 - esophagus
 - pancreas
 - larynx (voice box)
 - lung
 - uterine cervix
 - urinary bladder
 - kidney

CARDIOVASCULAR DISEASE

- ⊗ Cigarette smokers are 2 - 4 times more likely to develop coronary heart disease than nonsmokers.
- ⊗ Cigarette smoking approximately doubles a person's risk for stroke.
- ⊗ Cigarette smoking causes reduced circulation by narrowing the blood vessels. Smokers are more than 10 times as likely as nonsmokers to develop peripheral vascular disease (a narrowing of vessels that carry blood to the legs, arms, stomach or kidneys).

RESPIRATORY DISEASE & OTHER EFFECTS

- ⊗ Cigarette smoking is associated with a ten-fold increase in the risk of dying from chronic obstructive lung disease, accounting for about 90% of those deaths.
- ⊗ Cigarette smoking has many adverse reproductive and early childhood effects, including an 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 never smokers.
- ⊗ Children and adolescents who smoke are less physically fit and have more respiratory illnesses than their nonsmoking peers.²

MENTAL HEALTH EFFECTS

- ⊗ Smoking may be a marker for underlying mental health problems. People who suffer from a psychiatric disorder have much higher smoking rates than the general population.³
- ⊗ Teens ages 12 to 17 who currently smoke are twice as likely to have had a major depressive episode in the past year compared to non-smokers.³
- ⊗ High school seniors who are regular smokers and began smoking by grade 9 are 3 times more likely to have seen a doctor or other health professional for an emotional or psychological complaint.⁴

¹ All information adapted from Health Effects of Cigarette Smoking, CDC Fact Sheet, Updated December 2006 unless otherwise noted.

² Centers for Disease Control and Prevention. (1994). *Preventing tobacco use among young people—a report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services.

³ National Center on Addiction and Substance Abuse at Columbia University. (2007). Tobacco: The Smoking Gun Prepared for The Citizens' Commission to Protect the Truth. A CASA* White Paper. *The National Center on Addiction and Substance Abuse at Columbia University*. October, 2007.

⁴ Arday D.R., Giovino G.A., Schulman J., Nelson D.E., Mowery P., & Samet J.M. (1995). Cigarette smoking and self-reported health problems among US high school seniors, 1982-1989. *American Journal of Health Promotion*, 1995, 10(2),111-116.