



Health Effects of Smoking

What are the effects on individual smokers?

Unless they quit, as many as half of all smokers will die from their smoking, and most of them before their 70th birthday and after years of suffering a reduced quality of life. **The average smoker will die about eight years younger than a similar non-smoker.** Life expectancy improves after a smoker quits. Quit smoking now to improve your life.

There is strong scientific evidence that smoking is related to more than two dozen diseases and conditions. Fortunately, most of these start to reverse after a smoker quits smoking.

All smokers are at risk for:

- Coronary heart disease (e.g., heart attacks)
- Peripheral vascular disease (circulatory problems)
- Abdominal Aortic aneurysm
- Lung cancer
- Cancer of the mouth and larynx
- Cancer of the pancreas
- Cancer of the kidney, urinary tract, and bladder
- Chronic obstructive pulmonary disease (COPD)
- Chronic bronchitis
- Leukemia
- Emphysema
- Pneumonia
- Peptic ulcers
- Chronic bowel disease (Crohn's Disease)
- Gum disease
- Cataracts
- Thyroid disease (Grave's Disease)
- Influenza (the "flu")
- The common cold

Female smokers are at risk for:

- Cancer of the cervix
- Reduced fertility
- Pregnancy complications
- Low bone density

Male smokers are at risk for:

- Erectile dysfunction (impotence)

There is some scientific evidence that smoking may also be related to cancer of the large intestine. In addition to various diseases, smoking causes the skin to wrinkle creating the appearance of premature aging. Smoking also reduces the sense of smell and taste.



What about other tobacco products?

Cigarettes aren't the only type of tobacco product that causes health problems. Smokeless tobacco, including chewing tobacco and snuff, contains many of the same harmful and addictive substances as cigarette tobacco. Smokeless tobacco is a major cause of cancer of the mouth and throat. It can also cause serious dental health problems including recession of the gums, tooth loss and discolouration of the teeth and gums.

