

# 10 good medical reasons why you should quit smoking

If you use tobacco, these medical facts may further encourage you to STOP:

1. Cigarette smoking is the #1 cause of preventable, premature disability, disease, and death in the US.<sup>3</sup>
2. Four of the 5 leading causes of death are related to cigarette smoking. One in 5 deaths in this country are smoking related.<sup>3</sup>
3. Cigarette smoking is responsible for 30% of all cancer deaths and 20% of all heart disease deaths, and is the major cause of emphysema and chronic bronchitis.<sup>3</sup>
4. Nearly 90% of all lung cancer deaths are caused by smoking. Lung cancer claims the lives of more Americans each year than any other cancer.<sup>4</sup>
5. The typical smoker is likely to die of heart disease at a rate of 2 to 3 times that of a nonsmoker of the same age.<sup>5</sup>
6. Smoking is the major cause of chronic obstructive lung disease (COPD) including emphysema, and chronic bronchitis. Over 85% of deaths due to COPD are related to cigarette smoking.<sup>6</sup>
7. Nicotine restricts the flow of blood from the mother to the fetus and reduces the oxygen level in the fetus, leading to retarded fetal growth and small birth weights. There is also an increased risk of premature birth and increased infant mortality in females who are smokers and pregnant. Smoking increases the risk of several other complications of pregnancy.<sup>6</sup>
8. Children of smokers develop more allergies and get more upper respiratory tract infections than children of nonsmokers.<sup>7</sup>
9. Inhalation of secondhand or passive smoke by nonsmokers contributes to many of the same health issues experienced by smokers themselves.<sup>7</sup>
10. Women smokers double their risk for cervical cancer.<sup>7</sup>

**References:** 1. *When Smokers Quit*. Atlanta, GA: American Cancer Society; 1997. 2. Andrews J. Optimizing smoking cessation strategies. *Nurse Pract*. 1998;23:46-67. 3. McGinnis JM, Foege WH. Actual causes of death in the United States. *JAMA*. 1993;270: 2207-2212. 4. Wingo PA, Ries LAG, Giovino GA, et al. Annual report to the nation on the status of cancer, 1973-1996, with a special section on lung cancer and tobacco smoking. *J Natl Cancer Inst*. 1999;91:675-690. 5. Centers for Disease Control. Cigarette smoking-attributable mortality and years of potential life lost—United States, 1990. *Mor Mortal Wkly Rep CDC Surveill Summ*. 1993;42:645-649 6. US Department of Health and Human Service. *The Health Benefits of Smoking Cessation: A Report of the Surgeon General*. Rockville, MD: US Department of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Chronic Prevention and Health Promotion, Office on Smoking and Health; 1990. DHHS Publication No. (CDC)90-8416 7. National Cancer Institute. *Health Effects of Exposure to Environmental Tobacco Smoke: The Report of the California Environmental Protection Agency*. Bethesda, MD: US Department of Health and Human Services, National Institutes of Health, National Cancer Institute; 1999:253-255. Smoking and Tobacco Control Monograph No. 10.