

HOW DOES TOBACCO AFFECT MY HEALTH?

SMOKING CAUSES

CORONARY HEART DISEASE,

the leading cause of death in the U.S.

SMOKING CAUSES

LUNG CANCER AND LUNG DISEASES

including COPD, emphysema, bronchitis, and chronic airway obstruction.

SMOKING ALSO CAUSES THE FOLLOWING CANCERS:

STOMACH CANCER

CANCER OF THE ORAL CAVITY (MOUTH)

LUNG CANCER

ACUTE MYELOID LEUKEMIA

CANCER OF THE PHARYNX (THROAT)

CANCER OF THE LARYNX (VOICE BOX)

CANCER OF THE ESOPHAGUS

BLADDER CANCER

KIDNEY CANCER

CANCER OF THE UTERUS

CANCER OF THE CERVIX

SMOKELESS TOBACCO PRODUCTS,

such as spitting tobacco, dip, chew, snuff and snus, are also harmful to your health and aren't a safe alternative to smoking.



SMOKELESS TOBACCO USE CAN CAUSE THE FOLLOWING CANCERS:

STOMACH CANCER

CANCER OF THE ESOPHAGUS

PANCREAS CANCER

CANCER OF THE LARYNX (VOICE BOX)

CANCER OF THE PHARYNX (THROAT)

COMPARED TO NON-SMOKERS, SMOKING IS ESTIMATED TO INCREASE THE RISK OF:

MEN DEVELOPING LUNG CANCER BY **23x**

WOMEN DEVELOPING LUNG CANCER BY **13x**

STROKE BY **2 TO 4x**

CORONARY HEART DISEASE BY **2 TO 4x**

CHRONIC OBSTRUCTIVE LUNG DISEASE such as bronchitis and emphysema is **12 TO 13x MORE LIKELY FOR SMOKERS.**

On average, smokers die **13 TO 14 YEARS EARLIER** than non-smokers.

SPIT TOBACCO CAUSES LEUKOPLAKIA,

a disease of the mouth characterized by white patches and oral lesions on the cheeks, gums, and/or tongue. Leukoplakia occurs in more than half of all users in the first three years of use.

STUDIES HAVE FOUND THAT

60%-78%

of smokeless tobacco users have oral lesions.

SMOKELESS TOBACCO USERS HAVE:

80%

HIGHER RISK OF ORAL CANCER

60%

HIGHER RISK OF PANCREATIC CANCER

SOURCES:

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