

Health risks of cigarette smoking



Know your facts about cigarettes

There is an overwhelming amount of research on cigarettes and the risks they can pose to users, which can threaten their life and health in many ways.

Not only are you at risk, but smoking can put other people at tremendous risk as well. Exposure to secondhand smoke has immediate adverse effects on the cardiovascular system and can cause coronary heart disease and stroke. It also interferes with the normal functioning of the heart, blood and vascular systems in ways that increase the risk of having a heart attack.³

Here are some of the facts you should know:¹

- Cigarette smoking damages nearly every organ of the body.
- All cigarettes are harmful; any exposure to tobacco smoke can cause immediate and long-term damage to your body.
- There is no safe level of exposure to tobacco smoke.
- Cigarette smoking is the leading cause of preventable death in the United States.
- Smoking can cause cancer almost anywhere in your body. Smoking causes cancer in the lungs, trachea, bronchus, esophagus, oral cavity, lip, nasopharynx, nasal cavity, larynx, stomach, bladder, pancreas, kidney, liver, uterine cervix, colon and rectum.
- When burned, cigarettes create more than 7,000 chemical compounds; at least 70 of these chemicals are known to cause cancer, and many are toxic.
- Cigarette smoking is a major risk factor for coronary heart disease (the disease that causes heart attacks) and stroke.



Sources:

1. Centers for Disease Control and Prevention. Health Effects of Cigarette Smoking, October 29, 2021. Available from www.cdc.gov.
2. American Lung Association. What's In a Cigarette? July 13, 2020. Available from www.lung.org.
3. Centers for Disease Control and Prevention. Health Effects of Secondhand Smoke, June 14, 2021. Available from www.cdc.org.

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