

Smoking and Your Health

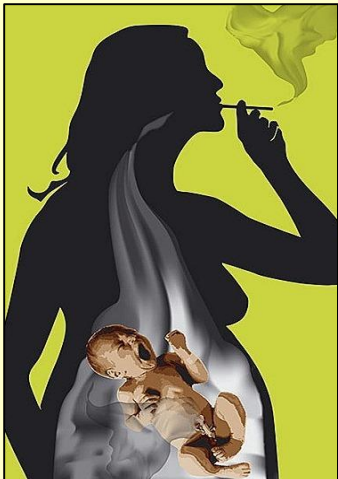
KNOW THE RISKS



Smoking cigarettes, pipes, cigars, and menthol cigarettes **ALL** negatively affect your health and are linked to premature deaths because they all contain dangerous chemicals.

Smoking and Cancer

- ✗ Smoking can both **cause cancer** and prevent your body from fighting it.
- ✗ Chemicals in cigarettes weaken the body's immune system, so killing cancer cells is difficult for the body.
- ✗ Smoking also damages cells' DNA which can cause the cell to grow out of control and create a cancer tumor.
- ✗ Smoking is linked to more than 15 different cancers because it can cause cancer almost anywhere in the body.
- ✗ **Lung cancer kills more men and women than any other type of cancer.**
- ✗ More than 7,300 nonsmokers die each year of lung cancer from secondhand smoke. **Secondhand smoke is a known cancer causing substance.**
- ✗ The U.S. Surgeon General estimates that living with a smoker increases a nonsmoker's chance of developing lung cancer by 20 to 30 percent.



Smoking and Pregnancy

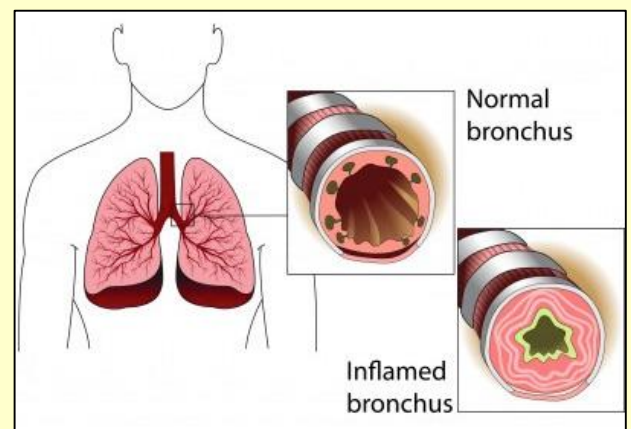
- ✗ Smoking **makes it more difficult for a woman to get pregnant.** Men who smoke have lower sperm counts and are more likely to suffer from impotence.
- ✗ If you smoke while pregnant, you have a **high risk of miscarriage, ectopic pregnancy, premature birth, a baby with an abnormally low birth weight, and a baby born with a cleft lip or cleft palate.**
- ✗ Smoking increases the risk of your baby dying from **Sudden Infant Death Syndrome (SIDS).**
- ✗ Pregnant women who are exposed to secondhand smoke are at risk of having a baby with a low birth weight.

Smoking and the Lungs

- ✗ Smoking can cause **emphysema**, a condition in which the walls between the air sacs in your lungs lose their ability to stretch and shrink making it difficult to breathe.
- ✗ Smoking can cause **chronic bronchitis** because it swells the inner lining of the bronchial tubes.
- ✗ Smoking may cause pneumonia, asthma, and tuberculosis.
- ✗ Smoking causes **COPD** which is a disease that causes wheezing, shortness of breath, and chest tightness that gets worse over time.

Smoking and Asthma

- ✗ Exposure to smoke or secondhand smoke irritates the airways and can **cause an asthma attack** or make the disease's symptoms more severe.
- ✗ Some cigarette smokers **develop irreversible narrowing of their bronchial tubes** making it more difficult for them to breathe all the time.
- ✗ Secondhand smoke **slows the growth of children's lungs** causing them to develop asthma.





Smoking and Heart Disease

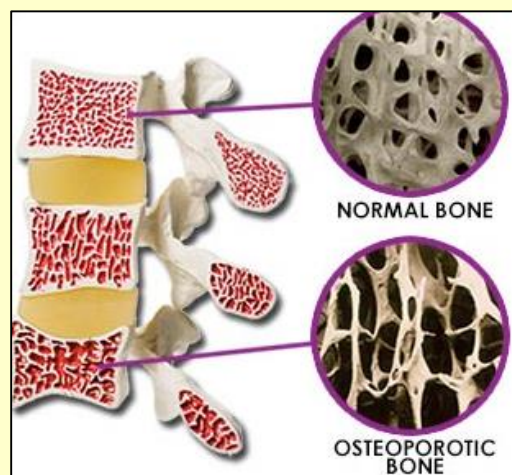
- * Heart disease is a range of conditions like heart attacks, strokes, aneurysms, and heart failure.
- * Smoking increases the amount of carbon monoxide in your blood which **lowers the amount of oxygen that can get to your heart and the rest of your body.**
- * Nicotine **increases heart rate and blood pressure.** Both of these increase your risk of heart attacks and strokes.
- * Secondhand smoke can increase the risk of heart disease by 25 to 30 percent. **Secondhand smoke is estimated to cause about 34,000 deaths from heart disease each year.**

Smoking and Strokes

- * Secondhand smoke increases the risk of stroke by 20 to 30 percent.
- * Smoking may cause you to develop high blood pressure which is a risk factor for stroke.
- * **Smoking increases LDL cholesterol levels and lowers HDL levels** which increases your risk of having a stroke.
- * Chemicals in cigarettes **increases your blood's tendency to clot.** If this clot clogs an artery leading to the brain, it can cause a stroke.

Smoking and Bone Health

- * Studies have shown that smoking may **decrease bone mineral density.**
- * Women who smoke tend to produce less estrogen and experience menopause earlier which may lead to decreased bone mass.
- * **Smokers who fracture a bone may take longer to heal and experience more complications than nonsmokers.**



Smoking and Diabetes

- * **Smoking damages blood vessels** which can increase a diabetic's risk for infections and amputations.
- * Smoking causes type 2 diabetes.
- * If you are a smoker and you have diabetes, you are more likely to have **complications such as heart and kidney disease, poor blood flow in the legs and feet that can lead to infections or amputation, retinopathy (any eye disease that can cause blindness), and peripheral neuropathy (damaged nerves to the arms and legs).**

Smoking and Mouth Health

Smoking causes:

- * Bad breath, tooth discoloration, and cavities
- * Increased loss of bone within the jaw
- * Increased risk of leukoplakia, white patches inside the mouth
- * Increased risk of developing gum disease, a leading cause of tooth loss
- * Delayed healing process following tooth extraction, periodontal treatment, or oral surgery
- * Lower success rate of dental implant procedures
- * Increased risk of developing oral cancer
- * Gums to become more susceptible to infections



WARNING
SMOKING DAMAGES
YOUR TEETH

After Quitting Smoking

- ☺ **Within 20 minutes:** your heart rate and blood pressure drop.
- ☺ **Within 2 weeks-3 months:** your circulation improves and your lung function increases.
- ☺ **Within 1-9 months:** your cough and shortness of breath decrease.
- ☺ **Within 1 year:** your excess risk of coronary heart disease will be cut in half.
- ☺ **Within 5-15 years:** your risk of stroke will decrease.
- ☺ **Within 5 years:** your chance of developing mouth, throat, esophagus, and bladder cancer drop by half.
- ☺ **Within 10 years:** your risk of dying from lung cancer drops by half.

- ☺ Smokers who quit before they were 40 years old reduced their risk of dying from smoking-related diseases by 90 percent.
- ☺ For people who already have cancer, quitting reduces the risk of developing a second cancer.
- ☺ If you quit smoking, you will have an improved sense of smell and your food will taste better.
- ☺ If you quit smoking upon diagnosis on cancer, you can reduce your risk of dying by 30 to 40 percent. It also helps the body respond to cancer treatments more effectively.

Get Help Quitting Smoking

Call the WV Quitline: **1-877-966-8784** or **1-800-QUIT-NOW**

The WV Quitline is **FREE** to all WV residents and includes:

- ★ FREE nicotine replacement therapies like patches, gum, and lozenges
- ★ FREE calls with a trained cessation coach to create and carry up your personalized quit plan
- ★ FREE educational materials