

Smoking causes disease and death

Smoking and Death in the United States

The adverse health effects from cigarette smoking account for an estimated 443,000 deaths, or nearly 1 of every 5 deaths, each year in the United States.^{1,2} More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.^{1,3}

Smoking Causes Death

Smoking causes approximately

- 90% of all **lung cancer** deaths in men⁴
- 80% of all **lung cancer** deaths in women⁴
- 90% of deaths from chronic obstructive lung disease⁴

Smoking and Increased Health Risks

Compared with nonsmokers smoking increases the risk of—

- **Coronary heart disease** by 2 to 4 times^{4,5}
- **Stroke** by 2 to 4 times^{4,6}
- Men developing **lung cancer** by 23 times⁴
- Women developing **lung cancer** by 13 times⁴
- Dying from **chronic obstructive lung diseases*** by 12 to 13 times⁴

*such as chronic bronchitis and emphysema

Smoking and Cardiovascular Disease (Heart and Circulatory System)

- Smoking causes **coronary heart disease**, the leading cause of death in the United States.⁴
- Cigarette smoking causes **reduced circulation** by narrowing the blood vessels (arteries) and puts smokers at risk for developing **peripheral vascular disease** (i.e., obstruction of the large arteries in the arms and legs that can cause a range of problems from pain to tissue loss or gangrene).⁷
- Smoking causes abdominal aortic aneurysm (i.e., a swelling or weakening of the main artery of the body—the aorta—where it runs through the abdomen).⁴

Smoking and Respiratory Disease

- Smoking causes **lung cancer**.^{1,4}
- Smoking causes the following lung diseases by damaging the airways and alveoli (i.e., small air sacs) of the lungs:
 - **Emphysema**
 - **Bronchitis**
 - **Chronic airway obstruction**^{1,4}

Smoking and Cancer

Smoking causes the following cancers:⁴

acute myeloid leukemia	cancer of the pancreas
bladder cancer	cancer of the larynx (voice box)
cancer of the pharynx (throat)	cancer of the cervix
lung cancer	stomach cancer
kidney cancer	cancer of the esophagus
cancer of the oral cavity (mouth)	cancer of the uterus

Smoking and Other Health Effects

Cigarette smoking has many adverse reproductive and early childhood effects, including increased risk for—

- **Infertility**
- **Preterm delivery**
- **Stillbirth**
- **Low birth weight**
- **Sudden infant death syndrome (SIDS)**.^{4,8}
- Postmenopausal women who smoke have **lower bone density** than women who never smoked.⁸
- Women who smoke have an increased risk for hip fracture than women who never smoked.⁸

1 References

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For Further Information

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