

A close-up photograph of a calendar page. The date '20' is visible in the top right corner. Below it, the words 'Quit Smoking' are written in red marker. The calendar grid lines are visible, and the background is slightly blurred.

Effects of Smoking on Your Body

Cigarette smoking harms nearly every organ of the body, causes many diseases, and is the leading preventable cause of death in the United States.

- Smoking causes more deaths each year than illegal drug use, alcohol, opioids, motor vehicle accidents and firearm related deaths COMBINED.
- More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States.

Smoking and Heart Disease

- Smoking causes stroke and heart disease, which are among the leading causes of death in the United States.
- Even people who smoke fewer than five cigarettes a day are more likely to have early signs of cardiovascular disease.
- Blockages caused by smoking can also reduce blood flow to your legs and skin.

Smoking and Lung Disease

- Cigarette smoking causes most cases of lung cancer.
- Smoking also causes emphysema and COPD, conditions which can make it hard to breath.
- If you have asthma, tobacco smoke can trigger an attack or make an attack worse.
- Smokers are 12 to 13 times more likely to die from COPD than nonsmokers.

Smoking and Cancer

Smoking can cause cancer almost anywhere in your body. If nobody smoked, one of every three cancer deaths in the United States would not happen.

Smoking and Pregnancy

Smoking can make it harder for a woman to become pregnant. It can also affect her baby's health before and after birth. Smoking increases risks for:

- Preterm (early) delivery
- Stillbirth (death of the baby before birth)
- Low birth weight
- Sudden infant death syndrome (known as SIDS or crib death)
- Ectopic pregnancy
- Cleft lip and palate in the baby

Smoking can also affect men's sperm, which can reduce fertility AND increase risks for birth defects and miscarriage.

Smoking and Other Health Risks

- Smoking can affect bone health. Women past childbearing years who smoke have weaker bones than women who never smoked. They are also at greater risk for broken bones.
- Smoking affects the health of your teeth and gums and can cause tooth loss.
- Smoking can increase your risk for cataracts (clouding of the eye's lens that makes it hard for you to see).
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control.