

# SMOKING IS HAZARDOUS TO YOUR HEALTH

Smoking harms most major organs in the body. Poisons like carbon monoxide, tar, arsenic, and lead are in tobacco smoke. Tobacco smoke has a lot of other bad things in it – at least 60 of them cause cancer. And tobacco has nicotine. Nicotine is why people get addicted to tobacco.



Smoking causes:

- Almost 30% of ALL cancer deaths in the US.
- More than 75% of all lung cancer deaths.
- Most cancers of the larynx (voice box), mouth, esophagus (throat), and bladder.

Smoking causes other health problems, too, like:

- chronic lung diseases, like emphysema and bronchitis
- heart disease and stroke
- cataracts

If a pregnant woman smokes, her baby can be very tiny when it's born. "Crib death" (Sudden Infant Death Syndrome) has also been linked to smoking during pregnancy.

When you stop smoking, you get major health benefits right away. You'll have less chance of getting lung cancer or other cancers, or having a heart attack, stroke, or chronic lung disease. The sooner you quit, the greater the health benefit.

**Many causes of death can't be avoided, but death from tobacco can be avoided.**

**Talk with your health care team about getting help to quit smoking.**