



NATIONAL NON-SMOKING WEEK
SEMAINE NATIONALE SANS FUMÉE

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Brought to you by the Canadian Council for Tobacco Control
Présenté par le Conseil canadien pour le contrôle du tabac

The Truth about the Health Effects of Tobacco

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Tobacco use remains one of the leading causes of preventable illness, disability, and premature death. Each year, an estimated 37, 000 Canadians die prematurely from smoking. Worldwide, tobacco use is estimated to kill about 5 million people annually and will increase to more than 8 million by 2030.

Tobacco use poses serious risks to your health and to those around you who breathe in secondhand smoke, or who are exposed to thirdhand smoke that accumulates in cars, homes, and other indoor spaces.

Tobacco is a risk factor for chronic disease.

- Tobacco use is among the leading risk factors for chronic disease and a major cause of cancer, cardiovascular disease, diabetes, and respiratory disease. The global epidemic of chronic disease will only accelerate as populations age and sedentary lifestyles, unhealthy food choices, and tobacco use become more common in emerging nations.

Tobacco causes cancer.

- 85 – 90% of lung cancers are caused by smoking cigarettes.ⁱ
- The risk of lung cancer goes up with every cigarette that is smoked.ⁱⁱ
- It is estimated that 10% of lung cancers are caused by secondhand smoke.ⁱⁱⁱ
- The use of tobacco products is known to be the single most important cause of preventable, early cancer deaths.^{iv}
- Smoking has also been linked to cancer of the bladder, cervix, kidney, pancreas, stomach, esophagus, larynx, mouth, and throat.

Tobacco causes cardiovascular disease and stroke.

- Tobacco is one of the primary avoidable causes of cardiovascular disease, Canada's number one killer.^v
- One of the reasons why smoking causes heart disease is because cigarette smoke causes a build up of plaque within the arteries and increases the demand for oxygen but reduces the supply.^{vi}
- Cigarette smoke also doubles the risk of stroke because it increases blood pressure and makes the heart work harder.^{vii}



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Tobacco affects respiratory health.

- Cigarette smoking increases your risk of dying from chronic obstructive pulmonary disease (COPD) by ten times.^{viii}
- About 90% of all deaths from COPD are the result of cigarette smoking.^{ix}

Other diseases caused by smoking.

- Cigarette smoking increases the risk of chronic kidney disease.^x
- Cigarette smoking is linked to an increased risk of obesity, especially in men.^{xi}
- Smokeless tobacco contains a number of cancer-causing agents (carcinogens)^{xii} and increases the risk of oral cancer (mouth, lips, gums).^{xiii}

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