



Canadian Council for Tobacco Control  
Conseil canadien pour le contrôle du tabac

## Does Smoking Shorten Lives? By How Much?

### What Are the Risks of Dying from Smoking?

Cigarettes kill one half of all long-term users.

Of every 1,000 Canadians age 20 who smoke, about 500 will die from smoking if they continue. Of those 500 deaths, 250 will occur before the smoker's 70th birthday.

Each year, **45,000 Canadians** die from smoking. Smoking is the most important cause of preventable illness, disability and premature death in Canada. In 1996, tobacco killed three times more Canadians than alcohol (1, 900 deaths), car accidents (2, 900 deaths), suicide (3, 900 deaths) and murder (510 deaths), all combined.

### How Many Years Does Smoking Take from a Smoker's Life?

Deaths from smoking result in 15 years loss of expected life, on average.

About half the deaths from smoking happen before the smoker reaches 70 years of age. These smokers lose an average of 22 years of life. Older persons (70 and over) who die because of smoking lose an average of 8 years of life expectancy.

#### Sources:

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