



NATIONAL NON-SMOKING WEEK
SEMAINE NATIONALE SANS FUMÉE

nnsw.ca

snsf.ca

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

December 2009

The truth about tobacco's health effects is simple. Tobacco products kill. Tobacco affects the health of people who smoke and those who breathe in secondhand smoke.

Tobacco causes disease and harms nearly every organ in the body.

- Countless studies have proven that cigarette smoke causes more than two dozen health problems including cancer, heart disease and respiratory disease.ⁱ

Tobacco causes cancer.

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

Tobacco causes heart disease and stroke.

- Tobacco is one of the main avoidable causes of cardiovascular disease, Canada's number one killer.^{vi}
- 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.^{vii}
- Cigarette smoke also doubles the risk of stroke because it causes blood pressure to go up and makes the heart work harder.^{viii}

Tobacco affects respiratory health.

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



NATIONAL NON-SMOKING WEEK
SEMAINE NATIONALE SANS FUMÉE

nnsw.ca

snsf.ca

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

Other diseases caused by smoking.

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

References:

ⁱ U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 13, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/highlights/9.htm

ⁱⁱ U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 13, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/00_pdfs/chapter2.pdf

ⁱⁱⁱ U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 13, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/00_pdfs/chapter2.pdf

^{iv} U.S. Dept. of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. Accessed November 13, 2008 from <http://www.surgeongeneral.gov/library/secondhandsmoke/report/chapter7.pdf>

^v Canadian Cancer Society/National Cancer Institute of Canada. (2007). *Canadian Cancer Statistics 2007*. Accessed November 13, 2008 from http://www.cancer.ca/Canada-wide/Publications/Publications%20on%20cancer%20statistics/Cancer%20statistics%20publications.aspx?sc_lang=en

^{vi} Teo KK, Ounpuu S, Hawken S, Pandey MR. Tobacco use and risk of myocardial infarction in 52 countries in the INTERHEART study: a case-control study. *The Lancet*. 2006;368:647-658. Accessed February 27, 2008 from http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16920470&ordinalpos=5&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum

^{vii} U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 13, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/00_pdfs/chapter3.pdf

^{viii} U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease



NATIONAL NON-SMOKING WEEK
SEMAINE NATIONALE SANS FUMÉE

nnsw.ca

snsf.ca

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

Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 13, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/00_pdfs/chapter3.pdf

^{ix} U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 13, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/highlights/4.htm

^x U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 13, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/highlights/4.htm

^{xi} Jones-Burton C, Seliger SL, Scherer RW, Mishra SI, Vessal G, Brown J, et al. Cigarette smoking and incident chronic kidney disease: A systematic review. *American Journal of Nephrology* 2007; 27(4): 342-351. Accessed November 13, 2008 from http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17541263&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum

^{xii} Chiolero A, Jacot-Sadowski I, Faeh D, Paccaud F, Cornuz J. Association of cigarettes smoked daily with obesity in a general adult population. *Obesity*, 2007 May; 15(5): 1311-1318. Accessed November 13, 2008 from http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17495208&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum

^{xiii} National Cancer Institute. *Smokeless Tobacco or Health: An International Perspective*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute; 1992. Accessed November 13, 2008 from <http://cancercontrol.cancer.gov/tcrb/monographs/2/index.html>.

^{xiv} National Toxicology Program. *10th Report on Carcinogens*. Research Triangle Park, NC: U.S. Department of Health and Human Services, Public Health Service, National Toxicology Program; 2002. Accessed November 13, 2008 from: <http://ehp.niehs.nih.gov/roc/>.