Important Facts You Should Know About Smoking

Smoking Overview:

In the United States:
- 20.6% of U.S. adults smoke
- 40% of non-smokers are exposed to secondhand smoke
- 54% of children are exposed to secondhand smoke
- Smoking causes 443,000 deaths every year!

In Kentucky:
- More than 8,000 Kentuckians will die this year from tobacco-related illnesses
- 28.6% of Kentucky adults smoke which is one of the highest rates in the nation
- 17% of Kentucky youth smoke

How does smoking affect health?
- On average, adults who smoke cigarettes die 14 years earlier than non-smokers
- Harms nearly every organ in your body
- Causes coughing and wheezing
- Causes yellowing of teeth and fingernails
- Leading cause of cancer incidence and mortality
  - There are over 4,000 chemicals in tobacco smoke and more than 50 of these chemicals are known to cause cancer
- Increases risk of developing heart disease
- Increases risk of having a stroke
- Increases risk of chronic obstructive pulmonary disease (COPD)
  - 90% of deaths from COPD are in smokers
- Increases risk of hip fractures and cataracts
- Increases risk of pneumonia
- Women: increases risk of premature birth or low birth weight babies
- Women: increases risk of cervical cancer
  - Women who smoke should have regular Pap tests
- Men: increases risk of prostate cancer

Some of the chemicals in your cigarette:

<table>
<thead>
<tr>
<th>Example</th>
<th>Common Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon Monoxide</td>
<td>Gas in car exhausts</td>
</tr>
<tr>
<td>Copper</td>
<td>Electric wiring</td>
</tr>
<tr>
<td>Tar</td>
<td>Road surfaces</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Pesticide</td>
</tr>
<tr>
<td>Acetone</td>
<td>Paint stripper</td>
</tr>
<tr>
<td>Ammonia</td>
<td>Cleaning agent</td>
</tr>
<tr>
<td>Arsenic</td>
<td>Rat poison</td>
</tr>
<tr>
<td>Benzene</td>
<td>Petrol fumes</td>
</tr>
<tr>
<td>Butane</td>
<td>Lighter fuel</td>
</tr>
<tr>
<td>Formaldehyde</td>
<td>Embalming fluid</td>
</tr>
<tr>
<td>Hydrogen cyanide</td>
<td>Poison in gas chamber</td>
</tr>
<tr>
<td>Methanol</td>
<td>Rocket fuel</td>
</tr>
<tr>
<td>Methane</td>
<td>Swamp gas</td>
</tr>
<tr>
<td>Toluene</td>
<td>Industrial solvent</td>
</tr>
<tr>
<td>DDT</td>
<td>Banned insecticide</td>
</tr>
<tr>
<td>Radon</td>
<td>Radioactive gas</td>
</tr>
<tr>
<td>Polonium</td>
<td>Radioactive fallout</td>
</tr>
</tbody>
</table>

Source: http://www.hps.nhs.uk/images/smoking-prevention/chemicals.jpg

How does secondhand smoke affect health?
- Secondhand smoke exposure is responsible for 49,400 deaths each year
- Known to cause cancer
  - Living with a smoker increases a non-smoker’s chance of lung cancer by 20-30%
- May trigger asthma attacks in non-smokers with asthma

Effects of secondhand smoke on children’s health
- Increased risk of sudden infant death syndrome (SIDS)
- Increased number of ear infections and colds
- Increased risk of pneumonia, bronchitis and asthma
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What Happens When You Quit Smoking?

- **20 minutes**
  Blood pressure and heart rate return to normal

- **8 hours**
  Carbon monoxide in blood decreases to normal

- **24 hours**
  Risk of having a heart attack decreases

- **48 hours**
  Nerve endings start to regrow
  Ability to taste and smell is enhanced

- **2 to 12 weeks**
  Circulation improves, less coughing and wheezing
  Improvement in lung function begins

- **1 to 9 months**
  Cough, sinus congestion, fatigue and shortness of breath decrease
  Phlegm production decreases
  Cilia (tiny hair like structures) in the lung regain normal function

- **1 year**
  Risk of heart disease and heart attack reduced to half that of a smoker

- **5 to 15 years**
  Risk of stroke returns to that of a non-smoker

- **10 years**
  Risk of lung, mouth, throat, esophagus, bladder, kidney and pancreas cancer drops

- **15 years**
  Risk of heart disease and heart attack similar to risk of those who have never smoked

Resources to Help You Quit:

- Contact your Local Health Department for smoking cessation programs such as the Cooper-Clayton Method to Stop Smoking. Call 1-866-495-9888 for more information.


- Call the Kentucky Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) from 8 AM to 1 AM (ET) for individualized counseling, printed information, and referrals to other resources.

- Talk with your healthcare provider about quitting smoking.

What Can You Do Now?

The Rural Cancer Prevention Center (RCPC) can help you find smoking cessation resources and support.

For more information, please contact us at: [http://www.mc.uky.edu/publichealth/ruralcancerpreventioncenter.html](http://www.mc.uky.edu/publichealth/ruralcancerpreventioncenter.html) or call toll-free (866) 686-7272.