

## Health risks of cigarette smoking



There is an overwhelming amount of research on cigarettes. It seems that the more the scientific world knows about cigarettes, the more frightening they become.

Here are just some of the facts you should know:<sup>1</sup>

- Cigarette smoking damages nearly every organ of the body
- All cigarettes are harmful; any exposure to tobacco smoke can cause immediate and long-term damage to your body
- There is no safe level of exposure to tobacco smoke
- Smoking causes cancer in the lungs, trachea, bronchus, esophagus, oral cavity, lip, nasopharynx, nasal cavity, larynx, stomach, bladder, pancreas, kidney, liver, uterine cervix, colon, and rectum
- Cigarette smoke contains more than 7,000 chemical compounds; at least 70 of these chemicals are known to cause cancer, heart disease, and strokes
- Cigarette smoking is a major risk factor for coronary heart disease (the disease that causes heart attacks) and stroke

Not only are you at risk, but smoking can put other people at tremendous risk as well. Exposure to secondhand smoke has immediate adverse effects on the cardiovascular system and can cause coronary heart disease and stroke. It also interferes with the normal functioning of the heart, blood, and vascular systems in ways that increase the risk of having a heart attack.<sup>2,3</sup>

1. Centers for Disease Control and Prevention, "Health Effects of Cigarette Smoking," accessed at [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco), page last reviewed April 28, 2020
2. Centers for Disease Control and Prevention, "Health Effects of Secondhand Smoke," January 2017
3. American Heart Association, "Heart Disease and Stroke Statistics – 2020 Update: A Report from the American Heart Association," *Circulation*. 2020;141:e139-e596

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