

Breathing Better Living Well

"No Butts About It: Free at Last, Free at Last!"

Smoking Facts

These smoking facts can also be found on the American Lung Association website along with more information. Visit <http://www.lungusa.org>.

Smoking 101 Fact Sheet

August 2006

Cigarette smoking has been identified as the most important source of preventable morbidity and premature mortality worldwide. Smoking-related diseases claim an estimated 438,000 American lives each year, including those affected indirectly, such as babies born prematurely due to prenatal maternal smoking and victims of "secondhand" exposure to tobacco's carcinogens. Smoking costs the United States over \$167 billion each year in health-care costs.

- 1. Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer. Smoking is directly responsible for approximately 90 percent of lung cancer deaths and approximately 80-90 percent of COPD (emphysema and chronic bronchitis) deaths.²
- . About 8.6 million people in the U.S. have at least one serious illness caused by smoking. That means that for every person who dies of a smoking-related disease, there are 20 more people who suffer from at least one serious illness associated with smoking.³
- . Among current smokers, chronic lung disease accounts for 73 percent of smoking-related conditions. Even among smokers who have quit chronic lung disease accounts for 50 percent of smoking-related conditions.⁴
- . Smoking is also a major factor in coronary heart disease and stroke; may be causally related to malignancies in other parts of the body; and has been linked to a variety of other conditions and disorders, including slowed healing of wounds, infertility, and peptic ulcer disease. For the first time, the Surgeon General includes pneumonia in the list of diseases caused by smoking.⁵

- . Smoking in pregnancy accounts for an estimated 20 to 30 percent of low-birth weight babies, up to 14 percent of preterm deliveries, and some 10 percent of all infant deaths. Even apparently healthy, full-term babies of smokers have been found to be born with narrowed airways and curtailed lung function.⁶
- . Only about 30 percent of women who smoke stop smoking when they find out they are pregnant; the proportion of quitters is highest among married women and women with higher levels of education. Smoking during pregnancy declined in 2003 to 10.7 percent of women giving birth, down 42 percent from 1990.⁷
- . In 2004, an estimated 44.5 million, or 20.9 percent of, adults were current smokers. The annual prevalence of smoking has declined 40 percent between 1965 and 1990, but has been unchanged virtually thereafter.¹⁰
- . Males tend to have significantly higher rates of smoking prevalence than females. In 2004, 23.4 percent of males currently smoked compared to 18.5 percent of females.¹¹
- . In 2004, 22 percent of high school students were current smokers. Over 8 percent of middle school students were current smokers in 2004.^{15.16}
- . Workplaces nationwide are going smoke-free to provide clean indoor air and protect employees from the life-threatening effects of secondhand smoke. Nearly 70 percent of the U.S. workforce worked under a smoke free policy in 1999, but the percentage of workers protected varies by state, ranging from a high of 83.9 percent in Utah to 48.7% in Nevada.¹⁸
- . Employers have a legal right to restrict smoking in the workplace, or implement a totally smoke-free workplace policy. Exceptions may arise in the case of collective bargaining agreements with unions.
- . Nicotine is an addictive drug, which when inhaled in cigarette smoke reaches the brain faster than drugs that enter the body intravenously. Smokers not only become physically addicted to nicotine; they also link smoking with many social activities, making smoking a difficult habit to break.¹⁹
- . In 2003, an estimated 45.9 million adults were former smokers. Of the current 44.5 million smokers, more than 32 million persons reported they wanted to quit smoking completely.²⁰
- . Nicotine replacement products can help relieve withdrawal symptoms people experience when they

quit smoking. Nicotine patches, nicotine gum and nicotine lozenges are available over-the-counter, and a nicotine nasal spray and inhaler, as well as a non-nicotine pill, are currently available by prescription.²¹

- j). Nicotine replacement therapies are helpful in quitting when combined with a behavior change program such as the American Lung Association's Freedom From Smoking (FFS), which addresses psychological and behavioral addictions to smoking and strategies for coping with urges to smoke.

For more information on smoking, please review the Tobacco Use Morbidity and Mortality Trend Report in the [Data and Statistics](http://www.lungusa.org) section of <http://www.lungusa.org> or call the American Lung Association at 1-800-LUNG-USA (1-800-586-4872).

Secondhand Smoke and Your Family

What Is Secondhand Smoke?

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers. Secondhand smoke contains more than 250 chemicals known to be toxic or cancer causing, including formaldehyde, benzene, vinyl chloride, arsenic, ammonia, and hydrogen cyanide.¹

Secondhand smoke is also called environmental tobacco smoke (ETS); exposure to secondhand smoke is called involuntary smoking, or passive smoking.

It is not easy to avoid secondhand smoke because about one in four people smoke.² The following list shows how secondhand smoke is harmful to yourself and your family.

The Dangers of Secondhand Smoke:

Secondhand smoke causes about 3,000 deaths each year from lung cancer in non-smokers.³

Secondhand smoke causes irritation of the eyes, nose, and throat.⁴

Secondhand smoke can also irritate the lungs, leading to coughing, excessive phlegm and chest discomfort.⁵

Secondhand smoke has been estimated to cause 22,700-69,600 deaths per year from heart disease in adult nonsmokers.⁶

Secondhand Smoke Especially Hurts Children!

Children who breathe secondhand smoke are more likely to suffer from pneumonia, bronchitis, and other lung diseases.⁷

Children who breathe secondhand smoke have more ear infections.⁸
Children who breathe secondhand smoke are more likely to develop asthma.⁹

Children who have asthma and who breathe secondhand smoke have more asthma attacks.¹⁰

There are an estimated 150,000 to 300,000 cases every year of infections, such as bronchitis and pneumonia in infants and children under 18 months of age who breathe secondhand smoke. These result in between 7,500 and 15,000 hospitalizations!¹¹

How Can You Protect Yourself and Your Family?

This is what you can do to protect yourself and your family from secondhand smoke:¹²

Don't smoke in your home.

Ask other people not to smoke in your home, especially baby-sitters or others who may care for your children.

Choose children's day care centers, schools, restaurants and other places you spend time in that are smoke-free.

Ask smokers to go outside while they smoke.

If someone must smoke inside, limit them to rooms where windows can be opened or fans can be used to send the smoke outside.

Help people who are trying to quit smoking.

What If You Smoke?

NEVER SMOKE AROUND CHILDREN.

Children are especially sensitive to the dangers of secondhand smoke. If you smoke, try to smoke only in an open area away from your family.

Many of the substances stay in the air even after the cigarette, cigar, or pipe is gone.

What Can You Do to Protect Yourself and Your Family Outside of Your Home?

Let family, friends and people you work with know that you do care if they smoke around you.

In your car, do not smoke or allow others to smoke while the windows are rolled up.

In restaurants and bars, ask to sit in the non-smoking area.

Make sure your child's day-care, school and after-school programs are smoke-free.

Ask your employer to make sure you do not have to breathe other people's smoke at work.

For more information, visit <http://www.lungusa.org> or call the American Lung Association at 1-800-LUNG-USA (1-800-586-4872).

Smoking Among Older Adults Fact Sheet

April 2006

Older smokers are at greater risk from smoking because they have smoked longer (an average of 40 years), tend to be heavier smokers, and are more likely to suffer from smoking-related illnesses. They are also significantly less likely than younger smokers to believe that smoking harms their health.¹

- . Today's generation of older Americans had smoking rates among the highest of any U.S. generation. In the mid-1960s, about 54 percent of adult males and another 21 percent were former smokers; over 34 percent of adult females were smokers and another 8 percent were former smokers, in 2004.²
- . In 2004, 18.5 million Americans over the age of 45 smoked, accounting for over 42 percent of all adult smokers. Nine percent of Americans over 65 years of age currently smoked.³
- . An estimated 438,000 Americans die each year from diseases caused by smoking.⁴ Smoking is responsible for 87 percent of deaths from lung cancer, 21 percent of deaths from heart disease, 18 percent of deaths from stroke, and 80 to 90 percent of deaths from chronic obstructive pulmonary disease (emphysema and chronic bronchitis) -- all leading causes of death in those over 50 years of age.⁵
- . Men 65 or older who smoke are twice as likely to die from a stroke, and women smokers are about one and a half times as likely to die from a stroke than their nonsmoking counterparts. The risk of dying from a heart attack is 60 percent higher for smokers than nonsmokers 65 or older.⁶
- . Cigarette smokers are more than twice as likely as nonsmokers to develop dementia of any kind and Alzheimer's disease.⁷ Smokers also have two to three times the risk of developing cataracts, the leading cause of blindness and visual loss, as nonsmokers.⁸
- . Smoking lessens one's normal life expectancy by an average of 13 to 15 years -- thereby eliminating retirement years for most smokers.⁹
- . Quitting smoking has proven health benefits, even at a late age. When an older person quits smoking, circulation improves immediately, and the lungs begin to repair damage. In one

year, the added risk of heart disease is cut almost in half, and risk of stroke, lung disease, and cancer diminish. Among smokers who quit at age 65, men gained 1.4 to 2.0 years of life and women gained 2.7 to 3.4 years.¹⁰

- l. A recent study found among middle-aged smokers and former smokers, with mild or moderate chronic obstructive pulmonary disease, both breathed easier after quitting. After one year the women who quit smoking had 2 times more improvement in lung function compared with the men who quit.¹¹
- . Self help and formal smoking cessation treatments for older adults must emphasize strategies to overcome high levels of nicotine dependence and lifelong psychological dependence on smoking.

For more information on tobacco, please review the Tobacco Morbidity and Mortality Trend Report in the [Data and Statistics](#) section on <http://www.lungusa.org> or call the American Lung Association at 1-800-LUNG-USA (1-800-586-4872).

Your Lungs

How Our Lungs Work:

In mechanical terms, our lungs can be described as the site of gas exchange: Oxygen--the fuel all the cells and organs of our body need to function--is extracted there from the air we inhale and infused into the bloodstream, to be distributed to other organs and tissues. With each exhalation, we dispose of the carbon dioxide that is the by-product of our bodily processes. In our lungs, in the course of a single day, an astonishing 8,000 to 9,000 liters of breathed-in air meet 8,000 to 10,000 liters of blood pumped in by the heart through the pulmonary artery. The lungs relieve the blood of its burden of waste and return a refreshed, oxygen-rich stream of blood to the heart through the pulmonary vein. The lungs are internal organs. Yet they are, uniquely, constantly exposed to our external environment--a direct interface with the world outside. With each breath, a host of alien substances enter our bodies--pollens, dust, viruses, bacteria; the constituents of the air in our homes and offices and factories, ranging from animal dander and tobacco smoke to radon and airborne lead; the toxic chemicals spewed into our atmosphere by smokestacks and tailpipes. The lungs, with their tiny air sacs called alveoli, have sometimes been simplistically compared to sponges. They are actually far more complex than many other organs. The heart, for example, is a relatively uncomplicated muscular pump designed, with one-way mechanical valves, for one purpose: to keep the bloodstream flowing in one direction. The lungs must play multiple roles--supplier of oxygen, remover of wastes and toxins, defender against hostile intruders. They contain at least three dozen distinct types of cells, each with its special tasks and abilities. Some

scavenge foreign matter. Others, equipped with delicate, hair-like cilia, sweep the mucous membranes lining the smallest air passages. Still others act on substances crucial to blood-pressure control, or serve as sentries to spot invading agents of infection. And the roles of many others remain mysteries, posing challenges to researchers.

Here is a link to some images of normal and diseased lungs.

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22577>

Source: <http://www.lungusa.org> For more information visit <http://www.lungusa.org> or call the American Lung Association at 1-800-LUNG-USA (1-800-586-4872).