



## What Are the General Health Effects of Smoking?

The potentially fatal diseases smoking causes are:

Cardiovascular (heart and circulatory) disease:

(2 out of 5 of all tobacco-caused deaths; approximately 17,500 deaths per year)

Heart attacks

Stroke

Hardening of the arteries (atherosclerosis)

Dilatation and rupture of the aorta (Aortic aneurysms)

Cancer:

(2 out of 5 of all tobacco-caused deaths; approximately 17,700 deaths per year in Canada)

Lung cancer

Cancers of the mouth, pharynx, larynx and oesophagus

Cancer of the pancreas

Cancers of kidney and urinary bladder

Respiratory disease:

(1 out of 5 of all tobacco-caused deaths; approximately 9,500 deaths per year in Canada)

Chronic airways obstruction

Chronic bronchitis and emphysema

Pneumonia and influenza

The other health effects caused by smoking are:

Chronic Illness:

Peptic ulcer disease is more likely to occur in smokers; the ulcers of smokers heal more slowly and are more likely to recur.

Smoking is a risk factor for chronic bowel disease (Crohn's disease).

Oral Health:

Tobacco use is an important factor in oral health, apart from its role in causing oral cancer.

Smokers are more likely than non-smokers to experience tooth decay and gum disease.

Aging:

Smoking reduces bone density (osteoporosis), which increases smokers' vulnerability to bone fractures.

Smoking decreases blood flow in the small vessels of the skin, leading to skin wrinkling and an appearance of premature aging.

Natural menopause occurs earlier in smokers than in non-smokers by one or two years.

Impotence:

Impotence is more likely to occur among smokers than among non-smokers.



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



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