How You Can Use this PPT

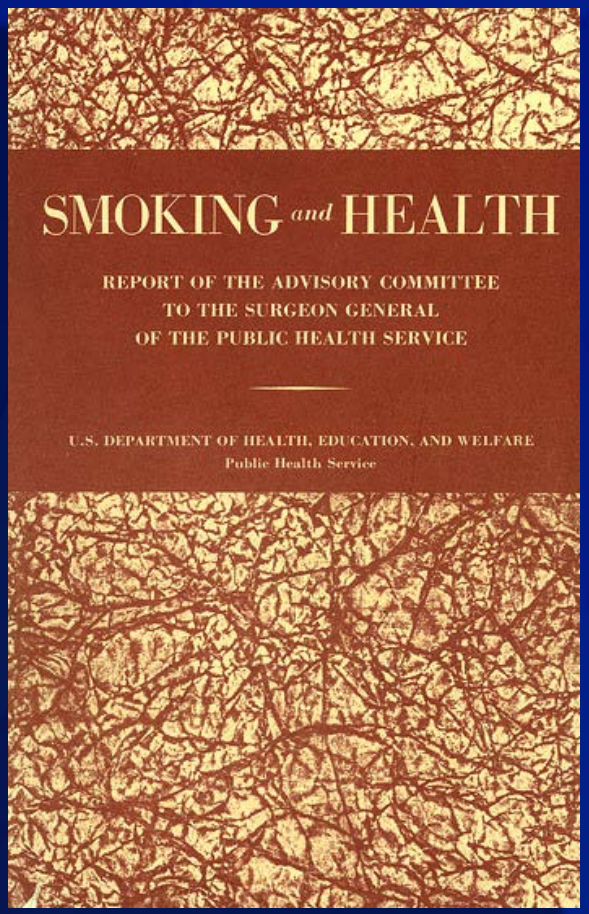
This slide deck is intended for a general audience.

- **You can:**
- **Change order of slides**
- **Remove slides entirely or add your own slides (e.g. state data, etc.)**
- **Reformat slides using your internal templates**
- **Post presentation on your organization's Web site**
- **Add illustrations or photos that support text IF you hold necessary licenses for their use**
- **Edit text in notes pages to accommodate personal speaking style**

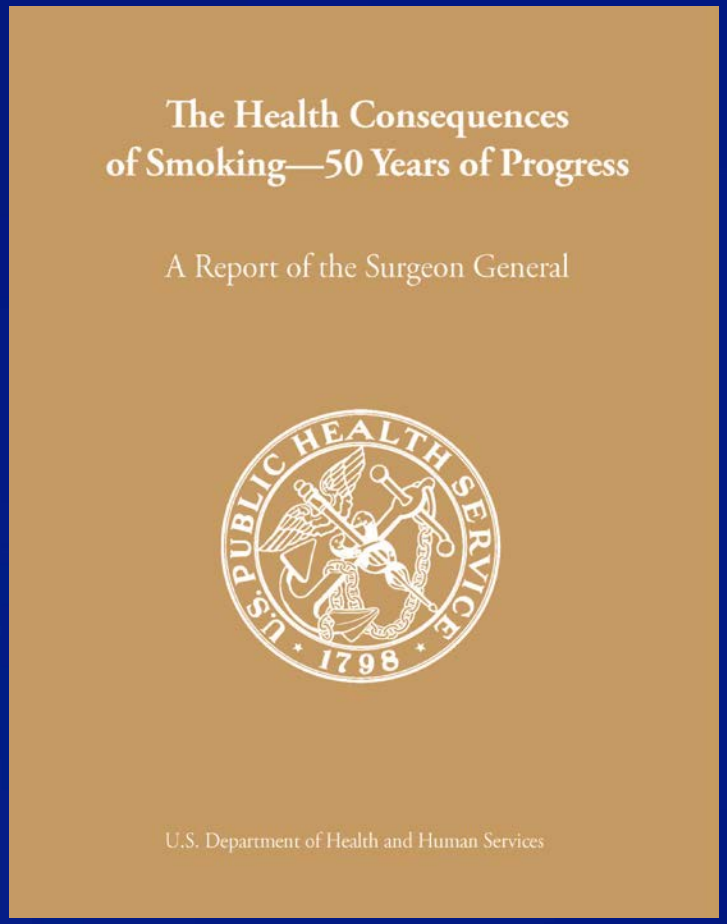
- **You cannot:**
- **Change or update data on these slides. CDC will update data and make revised slides available to you.**
- **Change or edit text or graphics on individual slides. Language in this presentation has been cleared for accuracy and policy compliance.**
- **Extract any of the images to use in other presentations or materials.**
- **For slide updates, please contact Caitlin Wills-Toker (hvj3@cdc.gov).**

The Health Consequences of Smoking: 50 Years of Progress

A Report of the Surgeon General



1964



2014

The Grim Statistics

Between 1964 and 2014:

- **Over 20 million Americans died because of smoking, including**
  - 2.5 million nonsmokers
  - More than 100,000 babies

- **Smoking is still the leading cause of preventable disease and death in the United States.**

What We've Learned

The Killer Cigarette

- Smoking risks are more deadly than 50 years ago.
- Smokers inhale over 7,000 chemical compounds.
- At least 70 CAUSE CANCER.

What We've Learned

The Killer Cigarette

- Smoking causes disease in nearly every organ.
- Secondhand smoke kills more than 41,000 nonsmokers every year.
- There is no safe level of SHS exposure and NO SAFE CIGARETTE.

21st Century Tobacco Use

Between 2010 and 2014 smoking caused

- Nearly half a million premature deaths a year
- More than 87% of all lung cancer deaths
- 61% of all pulmonary deaths
- 32% of all coronary deaths

Smoking and Children

- Today about half of all children 3-18 years of age are exposed regularly to cigarette smoke.
- Every day over 3,200 kids try their first cigarette and another 2,100 youth and young adults become daily smokers.
- Nearly 9 out of 10 smokers started before age 18.

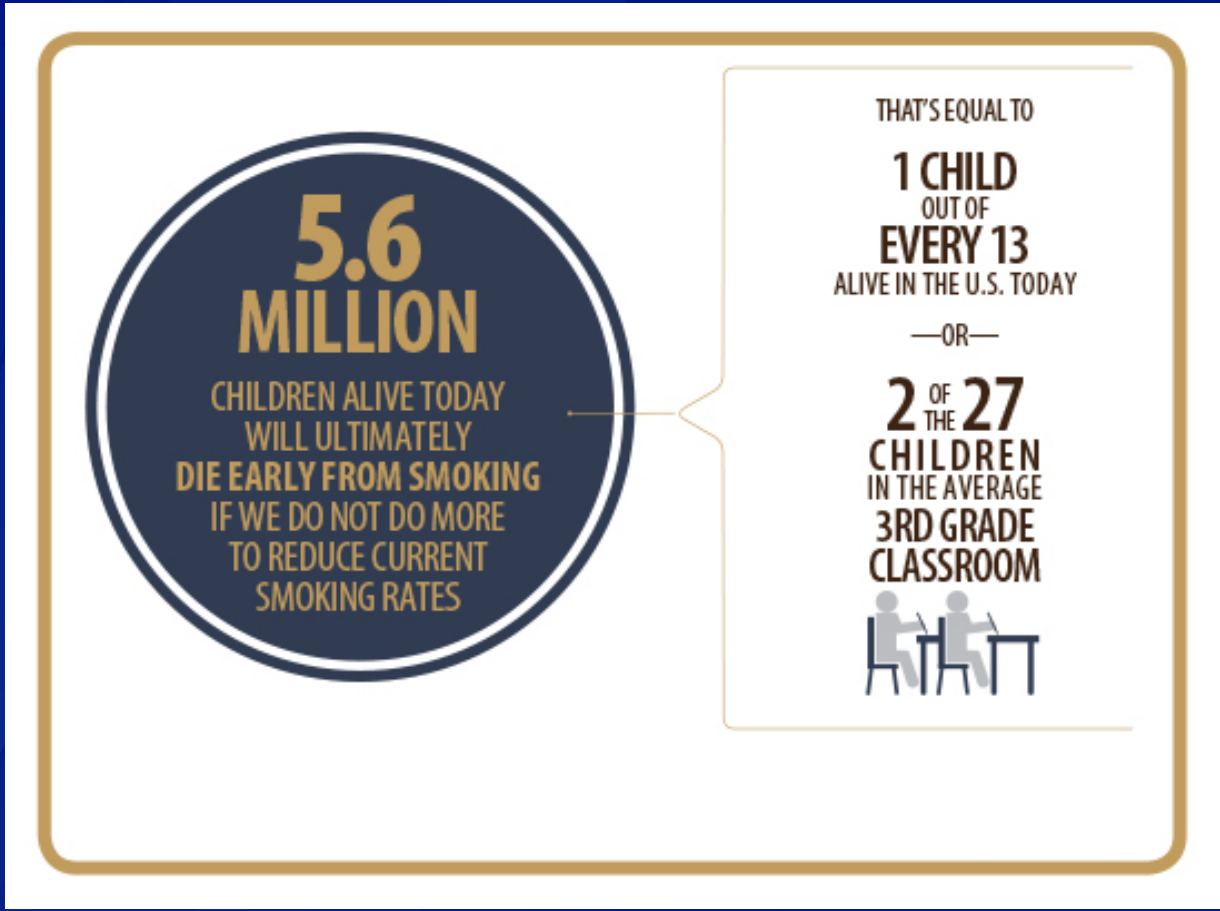
Photo credit: Trinketsandtrash.org

Smoking and Children

Every adult who dies early because of smoking is replaced by two new young smokers.

If they keep smoking, at least one of the two will also die early from smoking.

Smoking and Children



The costs of smoking

- Annual smoking costs are more than $289 billion.
- We spend at least $132 billion in yearly medical care for adults.
- We lose at least $157 billion yearly in productivity costs when smokers get sick and die early.

The Power of Nicotine Addiction

- Nicotine is the primary addicting drug in cigarettes.
- Nicotine keeps people smoking longer and that causes more damage to the body.
- Nicotine patches, gum, and lozenges are safe when used as directed.

Nicotine

- Nicotine is the primary addicting drug in cigarettes.
- It can raise heart rate and blood pressure.
- It can result in premature births and low birth weight babies in women who smoke during pregnancy.
- It can be harmful to developing brains.

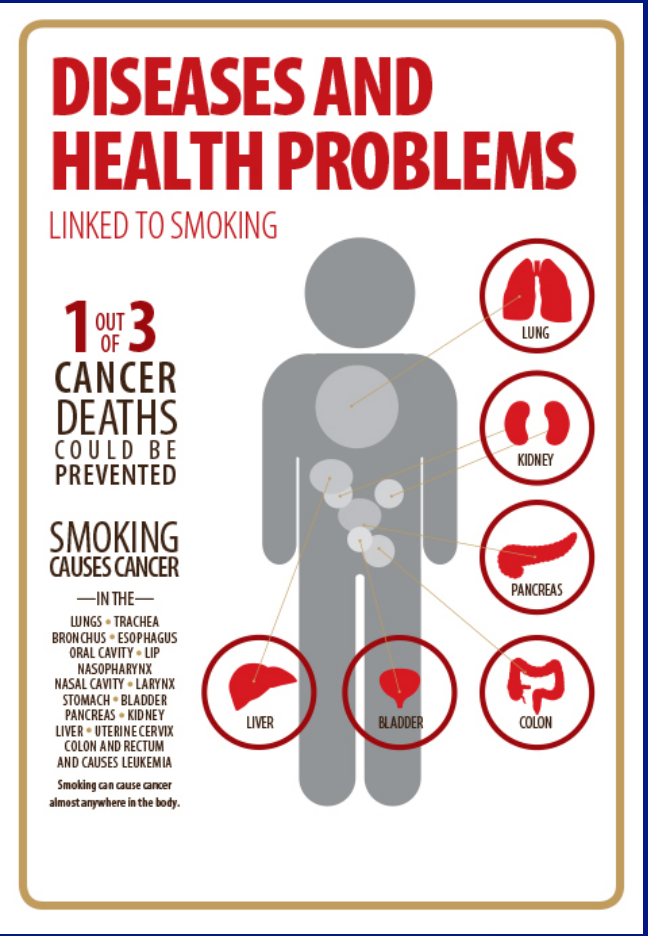
Smoking and Lung Cancer

- Today's smokers are more likely to develop lung cancer than smokers 50 years ago.
- Lung cancer is the #1 cause of cancer death for men <u>and</u> women.
- Nearly 9 out of 10 lung cancers are caused by smoking.

Smoking – The Cancer Trigger

Smoking is now known to cause 13 different types of cancer—almost everywhere in the body.

- **1 out of 3** U.S. cancer deaths are tobacco-related.



New Cancer Findings

TWO more cancers are caused by smoking:

- **Liver cancer**
- **Colorectal cancer – the second deadliest behind lung cancer**

SMOKING keeps cancer treatments from working as well as they should.

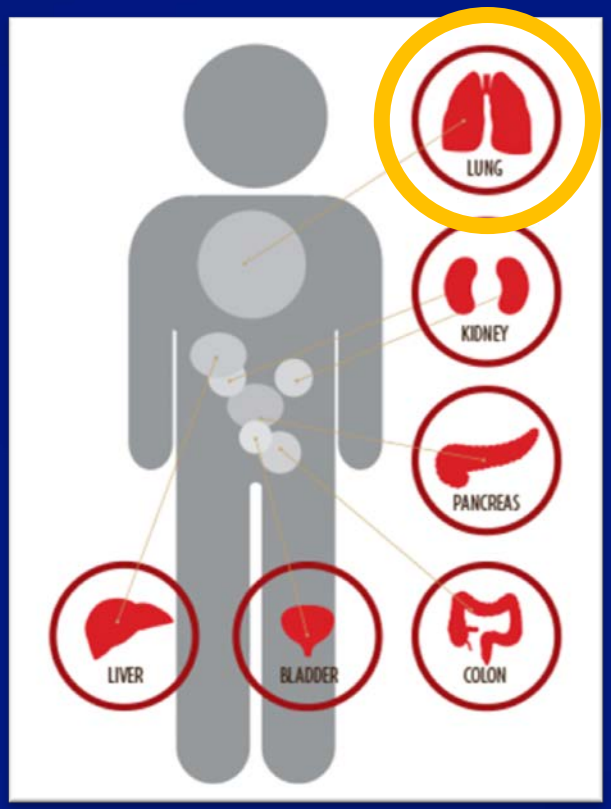
Smoking – The Breath Blocker

- COPD rates have risen steadily since 1964.
- Nearly 8 out of 10 COPD deaths are from smoking.
- COPD patients have higher risk for lung cancer and heart disease.
- Women who smoke are now dying from COPD in the same numbers as men who smoke.

Smoking – The Breath Blocker

Chronic Obstructive Pulmonary Disease (COPD)

- Smoking causes most cases of COPD.
- There is NO CURE for COPD



Smoking – The Breath Blocker

Other respiratory diseases

- **Smokers have a higher risk of getting and dying from TB.**
- **Youth who smoke may be more likely to develop asthma.**
- **Children exposed to SHS have more respiratory infections.**

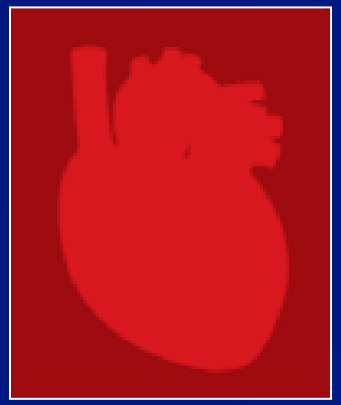
Smoking – The Heart Stopper

Cardiovascular Disease (CVD)

- **CVD is the biggest killer in the U.S.**
- **It causes more than 800,000 deaths every year.**
- **Smoking is a major cause of CVD.**
- **SHS increases the risk for heart attack or stroke, even for nonsmokers.**

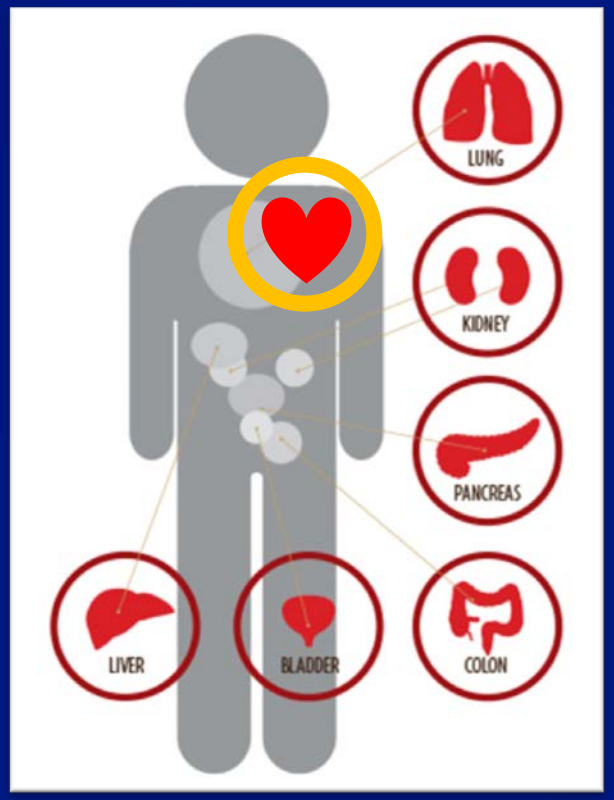
Cardiovascular disease includes:

- Coronary heart disease
- High blood pressure
- Heart attack
- Stroke
- Abdominal aortic aneurysm
- Peripheral arterial disease



Smoking – The Heart Stopper

- Smoking causes cells lining veins and arteries to swell.
- Narrower arteries mean reduced blood flow to the heart, brain, and organs.
- Clots can block narrowed arteries, causing heart attack, stroke, and even sudden death.
- Even occasional smoking damages blood vessels.



Smoking & Reproduction

- Smoking during pregnancy endangers moms and babies.
- More than 400,000 U.S. babies are exposed to chemicals in cigarette smoke before birth.
- Babies of smoking mothers have higher risk of SIDS.
- Mothers who smoke in early pregnancy are more likely to have babies with cleft lip or cleft palate.

Smoking and Reproduction

- **Smoking can cause ectopic pregnancy, which almost always causes the fetus to die.**
- **Other smoking complications can include:**
  - early delivery
  - low birth weight

Smoking and Reproduction

Smoking also causes reproductive issues for men:

- **Smoking can cause erectile dysfunction (ED).**
- **Smoking damages DNA in sperm.**

Smoking and Diabetes

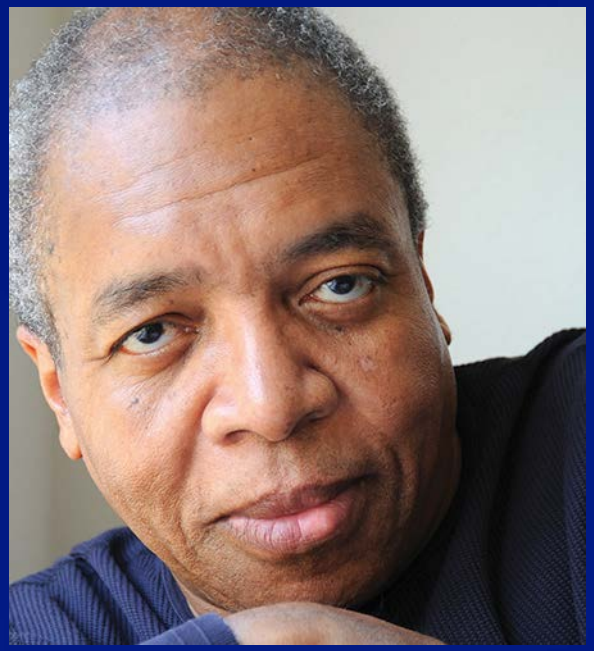
Diabetes is the 7th leading cause of death in the U.S.

- **Smoking causes type 2 diabetes.**
- **Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers.**

Smoking and Diabetes

Diabetic smokers:

- **Have difficulty regulating insulin levels.**
- **Have higher risk of heart disease, blindness, kidney failure, and nerve and blood vessel damage to feet and legs.**



Smoking and Eye Disease

- **Smoking causes serious eye disease, including:**
  - Age-related macular degeneration (AMD)
  - Cataracts
- **These diseases are the most common causes of blindness.**

Smokers are sicker longer and more often

- More than 16 million Americans suffer from at least one disease caused by smoking.
- Smokers have more lung infections than nonsmokers.
- Smokers are admitted to hospitals more often than nonsmokers.
- Smokers miss more work than nonsmokers.

Smoking and the Immune System

- Smoking harms the immune system and causes autoimmune disorders.
- Smoking is a cause of rheumatoid arthritis (RA).
- RA treatment can be less effective for smokers.

Smoking Today – The Persistent Epidemic

Cigarettes cause almost all tobacco-related disease and death.

- **Smoking claims nearly 500,000 lives every year.**
- **More than 16 million people have at least one smoking-related disease.**
- **88 million Americans continue to be exposed to SHS.**

Smoking Today – The Persistent Epidemic

- Lower smoking rates have saved 8 million lives and added about three years to average life expectancy.
- 50 years after the first SG report, 18% of Americans smoke compared to 43% in 1965.
- Today 42 million adults and 3 million middle and high school students are smokers.
- We have made progress, but there is still so much more to do.

Saving Millions of Lives – Doing Much More

We know what works to lower smoking rates:

- **Smokefree policies in public places**
- **Make smoking the exception – not the norm**
- **Easy-to-get affordable smoking cessation treatments**

Cessation – Lifeline to a Tobacco-Free Life

- Most smokers want to quit and half already have.
- Cessation therapies improve your chances of quitting successfully.
- Talk to your doctor, and call 1-800-QUIT-NOW or go to http://www.SmokeFree.gov for free help.

Saving Millions of Lives – Doing Much More

We know what works to lower smoking rates:

- Higher prices on cigarettes and other tobacco products
- Well-funded, continuous mass media campaigns about the dangers of smoking
- State and community outreach, educational and public health programs

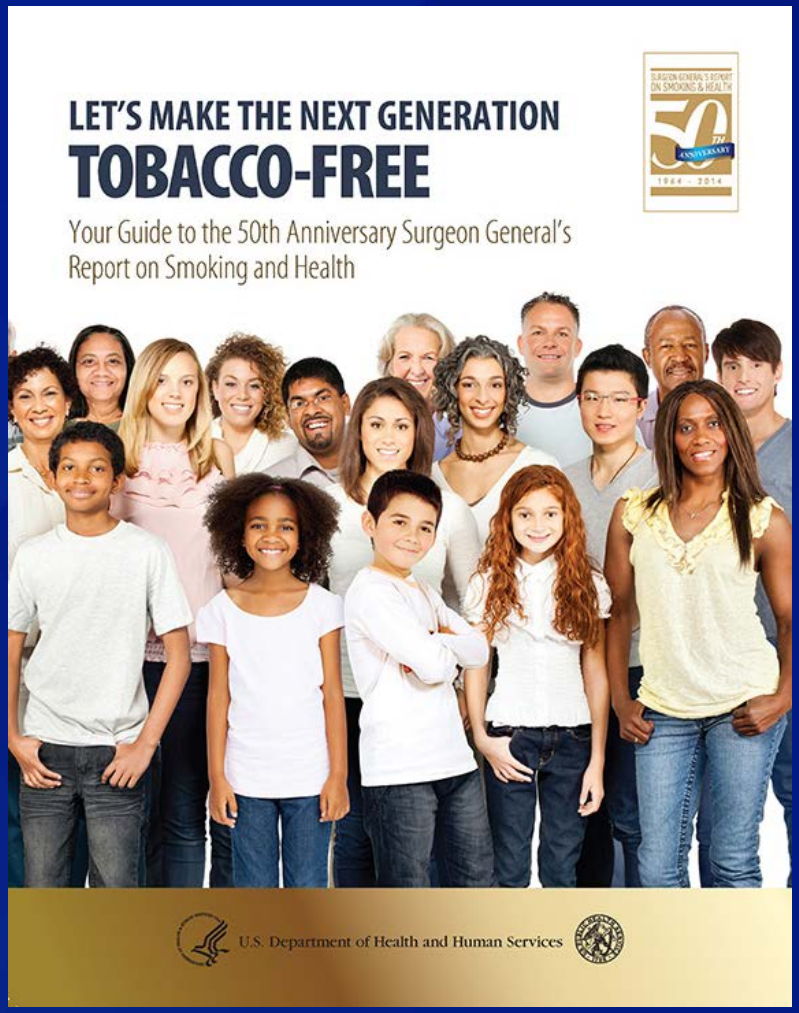
We Can Be Tobacco-Free

The time is NOW to begin a tobacco-free future.

We can break the cycle of sickness, disability and death caused by smoking.

We can reduce the disease and death caused by smoking until the scourge of the tobacco use epidemic becomes a minor public health nuisance.

We Can Be Tobacco-Free



Resources

- http://www.BeTobaccoFree.gov - information portal for additional tobacco-related Web sites
- http://www.surgeongeneral.gov/initiatives/tobacco/- SGRs, consumer guides, Public Service Announcements
- http://www.cdc.gov/tobacco - statistics, reports, plain language products for download and ordering
- http://www.smokefree.gov - help for people who want to quit smoking
- http://www.cdc.gov/tips - stories of real people dealing with smoking-related diseases and how they quit