

Smoking : The Facts pdf

Health Education England

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DESCRIPTION OF THE BOOK SMOKING : THE FACTS

none

QUIT SMOKING (SMOKING CESSATION) | PATIENT

Smoking facts and figures. Up to half of all smokers die from smoking-related diseases. About 100,000 people in the UK die each year due to smoking. Smoking-related. Smoking Facts Every year in the U.S., more than 480,000 people die from tobacco use and exposure to secondhand smoke, making it the leading cause of preventable death in this country. Tragically, each day thousands of kids still pick up a tobacco product for the first time. Smoking facts show us the deadly effects of smoking, and it's important to use these facts when teaching children and young adults about the dangers of smoking. By teaching smoking cigarettes facts for kids, we can help discourage children from starting smoking in the first place, and encourage any who do smoke to quit while they are young. Experts agree that tobacco is the single biggest avoidable cause of cancer in the world. [1,2] Smoking causes over a quarter (28 per cent) of cancer deaths in the UK and 3 in 20 cancer cases. 11 Facts About Smoking Welcome to DoSomething.org , a global movement of 6 million young people making positive change, online and off! The 11 facts you want are below, and the sources for the facts are at the very bottom of the page. Smoking makes breasts sag faster than normal by breaking down a protein in the skin called elastin, which gives youthful skin its elastic appearance and supports the breast. Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030. 2 Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from secondhand smoke exposure. Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general. 1,2 Quitting smoking lowers your risk for smoking-related diseases and can add years to your life. 1,2 Source: "The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General." A Report of the Surgeon General." U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Smoking is highly addictive. Nicotine is the drug primarily responsible for a person's addiction to tobacco products, including cigarettes. The addiction to cigarettes and other tobacco products that nicotine causes is similar to the addiction produced by using drugs such as heroin and cocaine (). Tobacco

Information and Tips for Quitting Smoking. Smoking has also been linked to other cancers, leukemia, cataracts, and pneumonia. Smokeless tobacco increases the risk of cancer, especially mouth cancers. Secondhand smoke can lead to lung cancer and heart disease as well as other health effects in adults and children. Smoking is the single largest cause of preventable disease and death in the United States. Every hour, more than 50 Americans die from smoking cigarettes. That's about 440,000 people a year. Smoking cigars and pipes is just as bad for you as smoking cigarettes. Roll-up tobacco smoke contains exactly the same chemicals as manufactured cigarette smoke. Roll-ups are often made without filters so can be even more dangerous than ordinary cigarettes. Smoking harms nearly every organ of the body. Cigarette smoking causes 87 percent of lung cancer deaths. It is also responsible for many other cancers and health problems.

SMOKING FACTS | AMERICAN LUNG ASSOCIATION

The Health Consequences of Smoking - 50 Years of Progress. A Report of the Surgeon General . Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2014. The cost of smoking to the NHS in England is estimated to be £2 billion a year. 10. £5.8 billion Cost of smoking breaks to businesses every year in England. 25 Global Smoking Facts and Statistics There are 1.1 billion smokers in the world today, according to the World Health Organization (WHO) . If the trend continues, that number is expected to increase to 1.6 billion by the year 2025. Fact: When it comes to your lungs, the effects of smoking include both immediate and long-term damage. Learn more about the effects of smoking . Smoking cigarettes affects nearly every organ in your body. The Facts About Smoking and Tobacco One reason that smoking and chewing tobacco are major health hazards is because they contain the chemical nicotine . Someone can get addicted to nicotine within days of first using it. The facts about smoking in China are scary and getting scarier by the minute: It produces more tobacco than any other country. It has an estimated 350 million smokers — that's 1 in 3 of the world's smokers. Cut down the number of cigarettes you smoke each day until you stop smoking completely. For example, if you smoke 20 cigarettes each day, cut down to 10 per day for two to three days. For example, if you smoke 20 cigarettes each day, cut down to 10 per day for two to three days. Cigarette Smoking Facts Cigarette smoking is a leading contributor to death and illness among Americans. Significantly fewer than half of all American adults smoke. Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal. Smoking is a practice in which a substance is burned and the resulting smoke breathed in to be tasted and absorbed into the bloodstream. Smoking the FACTS Tobacco use is the leading cause of preventable death in Ireland with almost 6,000 smokers dying each year from tobacco related diseases. Smoking related deaths are mainly due to cancers, chronic obstructive pulmonary diseases (COPD) and heart disease. 6-10 Smoking Facts. 6. Nazi Germany was the first country in the world to introduce the public smoking ban. This happened after German doctors became the first to identify the link between smoking and lung cancer. Facts about Smoking and Death. It is a well know fact that smoking is a huge cause of premature death. Each year, the

adverse health effects that come with cigarette. Smoking is the biggest cause of preventable deaths in England, accounting for more than 80,000 deaths each year. One in two smokers will die from a smoking-related disease. If you could see the damage, you'd stop. When you smoke, the poisons from the tar in your cigarettes enter your blood. These.

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