



Ten Things You Didn't Know About Smoking

1. Smoking causes cancers of the lung, voice box (larynx), mouth, throat, bladder, esophagus. Smoking is also linked to cancers of the pancreas, cervix, kidney, stomach, and some leukemias.
2. Smokers are about six times more likely to die from heart-attack as non-smokers.
3. Each day in the US, about 3,900 young people between the ages of 12 and 17 smoke their first cigarette. Each day about 1,000 young people become daily smokers.
4. Babies born to women who smoke during pregnancy have about 30% higher odds of being born prematurely and are more likely to be born with low birth weight. They are also more likely to die of Sudden Infant Death Syndrome (SIDS).
5. During 2000–2004, cigarette smoking was responsible for about \$193 billion in annual health-related losses in the United States.
6. Cigarette smoke contains over 4,000 chemicals. More than 60 are known to cause cancer.
7. Smoking is the leading cause of fire death in the USA. About 1 out of 4 fire deaths in 2006 was attributed to smoking.
8. Cigarette smoking is by far the most common cause of emphysema. Smoking is responsible for approximately 80-90% of deaths due to diseases of the respiratory system (COPD).
9. Cigars contain the same toxic and cancer causing compounds found in cigarettes and are not a safe alternative to cigarettes.
10. A pack of cigarettes cost about 5 cents to make, yet most smokers spend well over \$6 per pack in New York State.

