

HEALTH EFFECTS OF SMOKING



Cancer



Smoking increases the risk of cancer in many body parts:

- + throat
- + mouth
- + kidney
- + bladder
- + liver
- + pancreas
- + stomach
- + cervix
- + colon
- + rectum
- + bones

Smokers are 25 times more likely to get lung cancer than people who never smoked.

Heart and stroke disease



Smoking causes blood vessels to become narrow and clogged. When the blood flow is blocked, it can lead to a heart attack or a stroke.

Smokers are two to four times more likely to have a heart attack or stroke than non-smokers.

Other health risks

Smoking harms the immune system. The body cannot fight disease so well.

Smoking causes type 2 diabetes and makes it harder to control. Smokers are 30 to 40 per cent more likely to get diabetes than non-smokers.

Lung disease



Smoking causes lung diseases like COPD (chronic obstructive pulmonary disease).

Smoking makes asthma worse.

Smoking increases the risk of pneumonia and other lung infections.

Pregnancy and early childhood



Smoking can reduce fertility in men and women.

Pregnant women who smoke are more likely to have a miscarriage or stillbirth, a baby born with low birth weight, or other problems.

Smoking has worse effects on children because they are still growing.

SOME FACTS ABOUT QUITTING



Best way to quit

Counselling and medications can double your chances of quitting. Use them together.

Medications include nicotine replacement therapy (NRT) and prescription drugs.



Using quit medications while smoking

With Champix™ and Zyban™, you smoke for the first two weeks until the drugs get to the right level—then you stop smoking.

With the patch, lozenge, gum and inhaler, you are more likely to quit if you don't smoke from the start. But you can use NRT while smoking as a way to reduce the amount you smoke until you quit.



Using snuff to help quit



No! No tobacco product is safe. Smokeless tobacco is addictive and increases the risk of many preventable diseases.

Using e-cigarettes to help quit

The long-term health effects of using e-cigarettes are unknown.

Try counselling and medications first.



Common withdrawal symptoms

Symptoms vary from person-to-person, and usually happen within the first 10 days of quitting.

- irritability and mood swings
- intense cravings to smoke
- feeling anxious or depressed
- trouble concentrating, trouble falling asleep
- being hungry

Use prescription medications, NRT and counselling to manage symptoms.