



Why is Smoking Dangerous?

Here are some facts to consider about tobacco and smoking.

- ✓ For every 5 deaths per year in this country, at least 1 is due to smoking.
- ✓ Smoking causes 9 out of 10 (90%) cases of lung cancer
- ✓ Smoking causes nearly all cases of chronic obstructive pulmonary disease (COPD, chronic asthma/bronchitis or emphysema).
- ✓ Smokers are twice as likely to die from stroke or heart attack, compared to non-smokers
- ✓ Smokers miss more days of work than non-smokers
- ✓ Smoking is also a risk factor for cancer of the mouth, throat, stomach, pancreas, kidney, bladder, cervix, liver, esophagus, uterus, colon, and leukemia

Tobacco addiction is the most common addiction in the United States.

Do you have any symptoms now that you believe are caused by your smoking? _____ **No**
_____ **Yes (check all that apply)**

- Cough
- Trouble breathing
- Bad breath
- Nicotine stains on my skin
- Gum disease and dental problems
- Wrinkles
- Other _____
- Other _____

Do you have a disease or illness now that you believe is caused by your smoking? _____ **No**
_____ **Yes (check all that apply)**

- Chronic bronchitis/ Asthma/ COPD/ Emphysema
- Heart attack or other heart disease
- Stroke
- Other circulation problems (cramping in legs)
- Lung cancer
- Other cancer
- Early menopause
- Peptic Ulcer
- Other _____
- Other _____

Do you worry about getting a smoking-caused disease or illness? _____ **No** _____ **Yes**