

Smoking Facts

We at BestEciggy.com wish that no one smoked tobacco...ever. But the reality is many of us, or our families have smoked. Please read this information, and pass it on to someone who smokes. You are saving their life.

From the US Center for Disease Control (CDC)

An estimated **46.2 million adults** in the United States smoke cigarettes even though this single behavior will result in **death or disability for half of all regular smokers.**

Cigarette smoking is responsible for more than **440,000 deaths each year.** More than **8.6 million people in the United States have at least one serious illness caused by smoking.** If current patterns of smoking persist, **6.4 million people currently younger than 18 will die prematurely from a tobacco-related disease.**

Tobacco use is the single most avoidable cause of disease, disability, and death in the United States. Over the past 4 decades, cigarette smoking has caused an estimated 12 million deaths, including **4.1 million deaths from cancer, 5.5 million deaths from cardiovascular diseases, 2.1 million deaths from respiratory diseases, and 94,000 infant deaths related to their mother's smoking.**

Smokeless tobacco, cigars, and pipes also have deadly consequences, including lung, larynx, esophageal, and oral cancer. **Low-tar cigarettes and novel tobacco products such as bidis and clove cigarettes are not safe alternatives.**

The harmful effects of smoking do not end with the smoker. ... each year, primarily because of exposure to secondhand smoke, an estimated **3,000 nonsmoking Americans die of lung cancer, and more than 35,000 die**

of heart disease. An estimated 150,000–300,000 children younger than 18 months of age have respiratory tract infections because of exposure to secondhand smoke.

The **World Health Organization (WHO)** estimates of the number of deaths caused by smoking every year is 4.9 million.

Basic Information

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones.

Learn more about the harmful effects of smoking, smokeless tobacco, and secondhand smoke from the resources below and find out about resources that address prevention.

Make this the year you or someone close to you quits smoking.

- [Health Effects](#)

Health Effects

Information on diseases caused by tobacco use, such as cancer, heart disease, and respiratory diseases. Also find information on the health effects of smoking during pregnancy.

- [Cancer](#)
- [Heart Disease and Stroke](#)
- [Respiratory Health](#)
- [Secondhand Smoke](#)
- [Smoking During Pregnancy](#)

Fact Sheets

- [Health Effects of Cigarette Smoking](#)
- [Women and Tobacco](#)
- [Tobacco-Related Mortality](#)

Surgeon General's Reports

- **2006**
 - [The Health Consequences of Involuntary Exposure to Tobacco Smoke](#)

- **Highlights**
 - [There Is No Risk-Free Level of Exposure](#)
 - [What Is Secondhand Smoke?](#)
 - [Secondhand Smoke Is Toxic and Poisonous](#)
 - [Secondhand Smoke Exposure in the Home](#)
 - [Secondhand Smoke Exposure in the Workplace](#)
 - [Children Are Hurt by Secondhand Smoke](#)
- **Video**
 - [Secondhand Smoke: Triumphs and Tragedies](#)
[Watch in high quality](#)
 - [Transcript](#)
- **2004**
 - [Health Consequences of Smoking on the Body](#)
 - **Highlights**
 - [How Smoking Harms People of All Ages](#)
 - [Smoking Among Seniors in the United States](#)
 - [Smoking Among Adults: Other Health Effects](#)
 - [Four Major Conclusions of the 2004 SGR Report](#)
 - [How Do We Conclude that Smoking Is a Cause of Disease?](#)
- **2001**
 - [Women and Smoking](#)
 - **Highlights**
 - [Health Consequences of Tobacco Use Among Women](#)

Educational Materials

- [Health Consequences of Smoking on the Human Body—Flash presentation](#)
A presentation illustrating how smoking damages nearly every organ in the body. (You will need the free Adobe Flash Player installed on your computer to see this presentation. Download Flash Player at www.adobe.com/shockwave/download/index.cgi?P1_Prod_Version=ShockwaveFlash)

Related Links

- [Smoking-Attributable Mortality, Morbidity, and Economic Costs \(SAMMEC\)](#)