esophagus, bladder, kidney, and pancreas decreases; and the risk of ulcers decreases.

Fifteen years after quitting, the risk of coronary heart disease is similar to that of people who have never smoked, and the risk of death returns to nearly the level of people who have never smoked.

**For more information by phone, please call:**

- **Toll-free National Quitline**
  1–800–QUIT–NOW
- **American Cancer Society**
  1-800-ACS-2345
- **The Centers for Disease Control and Prevention**
  1-800-CDC-1311
- **Cosmetic Executive Women**
  Cancer Information Service
  1-800-4-CANCER
- **American Heart Association Information Line**
  1-800-AHA-USA1

**For more information about smoking, on the Internet, please visit:**

- The U.S. Government
  www.smokefree.gov
- National Cancer Institute
  www.cancer.gov
- American Lung Association
  www.lungusa.org
- American Cancer Society
  www.cancer.org
- American Heart Association
  www.americanheart.org

Information for this brochure was adapted from materials developed by:

- **World Health Organization (WHO)**
- **The Centers for Disease Control and Prevention (CDC)**
- **The National Cancer Institute**
- **American Lung Association**
- **American Cancer Society**
- **American Heart Association**
- **Campaign for Tobacco-Free Kids**

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NEGATIVE HEALTH EFFECTS OF SMOKING
Smoking causes lung cancer. Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer. In addition, smoking affects nearly every human organ and body system. The World Health Organization estimates that someone dies from tobacco use every 6.5 seconds.

The U.S. Surgeon General reports that smoking can cause all of the following health problems:

- Abdominal aortic aneurysm
- Acute myeloid leukemia
- Cataract
- Cervical cancer
- Kidney cancer
- Pancreatic cancer
- Pneumonia
- Periodontitis (gum disease)
- Stomach cancer
- Bladder cancer
- Esophageal cancer
- Laryngeal cancer
- Lung cancer
- Oral cancer
- Throat cancers
- Chronic lung diseases
- Coronary heart and cardiovascular diseases
- Reproductive effects such as decreased fertility
- Sudden infant death syndrome

COST OF SMOKING
In 2006, the average cost of a pack of cigarettes nationwide was $4.35. At that cost, a person who smoked one pack each day would spend nearly $1,600 every year on cigarettes. A person who smoked one pack a day for 20 years would spend $32,000 on cigarettes.

Every year, smoking costs the United States $167 billion in health care costs.

MATERNAL SMOKING
Studies have shown that smoking makes it more difficult for women to get pregnant. Women who smoke prior to pregnancy are more likely to suffer complications while pregnant than women who do not smoke. Children born to mothers who smoke while pregnant are more susceptible to low birth weight (the number one killer of babies in the United States), stillbirth, and infant death.

SECONDHAND SMOKE
Secondhand smoke, sometimes called passive smoke, is the smoke exhaled from the lungs of smokers, and the smoke that comes from the burning end of a cigarette, cigar or pipe. Secondhand smoke is dangerous. Each year secondhand smoke causes 3,000 deaths from lung cancer and another 35,000 deaths from other diseases in the United States. Secondhand smoke causes irritation of the eyes, nose, throat, and lungs, and can cause coughing.

Secondhand smoke is especially dangerous for children. Children exposed to secondhand smoke:

- have more ear infections,
- are more likely to suffer from bronchitis, pneumonia and other lung diseases, and
- are more likely to develop asthma, to have more asthma attacks, have more severe asthma, and have asthma attacks more often.

THE BENEFITS OF QUITTING
Within twenty minutes of smoking his or her last cigarette, the smoker’s body begins a series of changes.

Twenty-four hours after quitting:
- Chance of a heart attack decreases

Between two weeks and three months after quitting:
- Circulation improves
- Walking becomes easier
- Lung function increases

Between one and nine months after quitting:
- Coughing, sinus congestion, fatigue, and shortness of breath decrease

One year after quitting:
- Excess risk of coronary heart disease is decreased to half that of a smoker

LONG-TERM BENEFITS OF QUITTING
Within five to fifteen years of quitting, the risk of stroke drops to that of people who have never smoked.

Ten years after quitting, the risk of lung cancer drops to as little as one-half that of continuing smokers; the risk of cancer of the mouth, throat,