

DOWNLOAD PDF SMOKING CAUSES SERIOUS HEALTH PROBLEMS

AMERICAN CANCER SOCIETY

Chapter 1 : Quit Smoking with the Great American Smokeout | Blue Cross Blue Shield of Illinois

Smoking causes serious health problems in children and teens. The most serious is nicotine addiction, which leads to long-term tobacco use. Over time, smokers then develop the health problems discussed above, and often at younger ages.

Most people associate cigarette smoking and tobacco use with breathing problems and lung cancer. But smoking is also a major cause of cardiovascular heart and blood vessel disease. According to the American Heart Association, tobacco use is the leading cause of preventable death in the United States, accounting for over 480,000 deaths each year. Smokers die significantly earlier than nonsmokers: Smoking is a major cause of atherosclerosis - a buildup of fatty substances in the arteries. Atherosclerosis occurs when the normal lining of the arteries deteriorates, the walls of the arteries thicken, and deposits of fat and plaque block the flow of blood through the arteries. In coronary artery disease, the arteries that supply blood to the heart become severely narrowed, decreasing the supply of oxygen-rich blood to the heart, especially during times of increased activity. Extra strain on the heart may result in chest pain angina pectoris and other symptoms. Coronary artery disease can lead to a heart attack. In peripheral artery disease, atherosclerosis affects the arteries that carry blood to the arms and legs. As a result, the patient may experience painful cramping of the leg muscles when walking a condition called intermittent claudication. Peripheral artery disease also increases the risk of stroke. There is no safe amount of smoking. Smokers continue to increase their risk of heart attack the longer they smoke. People who smoke a pack of cigarettes a day have more than twice the risk of heart attack than nonsmokers. Cigarette smoking increases the risk of serious cardiovascular side effects from oral contraceptive use birth control pills. The risk increases with age and with heavy smoking 15 or more cigarettes per day and is quite marked in women over 35 years of age. In addition to the increased risk of heart attack, there is also an increased risk of blood clots, pulmonary embolism, peripheral artery disease, stroke and deep vein thrombosis. What other medical conditions are linked with smoking? Cigarettes have multiple poisons, including addictive nicotine, carbon monoxide, "tars," and hydrogen cyanide. There are other chemicals of varying toxicity, including 69 known to cause cancer. U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: A Report of the Surgeon General, 2010. Decreased oxygen to the heart and to other tissues in the body Decreased exercise tolerance Increased blood pressure and heart rate Increased risk of developing coronary artery disease and heart attack Increased risk of developing peripheral artery disease and stroke Increased risk of developing lung cancer, throat cancer, chronic asthma, chronic bronchitis, and emphysema Increased risk of developing diabetes Increased risk of developing a variety of other conditions, including gum disease and ulcers Increased tendency for blood clotting Increased risk of recurrent coronary artery disease after bypass surgery Damage to cells that line coronary arteries and other blood vessels Increased risk of impotence Increased risk of fertility problems Increased wrinkles Increased risk of becoming sick especially among children: When you smoke, the people around you are at risk for developing health problems, especially children. Secondhand smoke also called passive smoke or environmental tobacco smoke affects people who are frequently around smokers. Secondhand smoke can cause chronic respiratory conditions, cancer, and heart disease. The American Heart Association estimates that each year, about 46,000 people die from heart and blood vessel disease caused by secondhand smoke. Secondhand smoke contains more than 7,000 chemicals known to be toxic or cancer-causing. Children who are exposed to secondhand smoke are inhaling many of the same cancer-causing substances and poisons as smokers. The benefits of quitting smoking Now that you know how smoking can be harmful to your health and the health of those around you, find out how quitting smoking can be helpful. By quitting smoking, you will: According to the American Heart Association, smokers who quit between the ages of 35 and 39 add an average of 6 to 9 years to their lives. Smokers who quit between the ages of 65 and 69 increase their life expectancy by 1 to 4 years. Reduce your risk of cardiovascular disease: Quitting smoking reduces the risk of repeat heart attacks and death from

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heart disease by 50 percent or more. Reduce your risk of high blood pressure , peripheral artery disease, and stroke. Reduce your risk for developing a variety of other conditions, including diabetes, lung cancer, throat cancer, emphysema, chronic bronchitis, chronic asthma, ulcers, gum disease, and many other conditions. Look and feel better. Quitting can help you prevent wrinkles, get rid of stained teeth, improve your skin, and even get rid of the stale smell in your clothes and hair. Improve your sense of taste and smell. How can I quit? To quit smoking, you must be ready emotionally and mentally. You must also want to quit smoking for yourself, and not to please your friends or family. Quitting has two components: Check off these items as you accomplish them Make a personal pact with yourself to quit and realize the reasons why you want to quit! Write down, on a card, the three most important reasons for quitting. Carry that card with you or in your cigarette box from now on. Look at it several times each day. Set a date for quitting completely! Make sure to let your friends and family know that you are quitting smoking, especially if they smoke. Consider reducing your smoking with the taper method a few weeks before your quit date. If you are over a pack, try to get less than a pack. Identify barriers or triggers that may cause you to smoke. Prior to quitting, taper or eliminate smoking completely in two or three of your high risk situations, for example, stop smoking in the car or skip a smoke break at work. Understand that withdrawal symptoms may come, what they are, and be prepared for their occurrence. Spend a little time each day picturing in your mind stressful events occurring in the future and you not smoking. Get rid of ALL cigarettes and smoking related objects such ashtrays and lighters. Ask people you live with not to smoke in your presence for at least two weeks. Consider the following for extra support: Change to a less desirable brand of cigarettes. Discard your lighter, use matches. Carry your cigarettes in a different place. Again get rid of ALL cigarettes! Get rid of all smoking related objects such ashtrays. Ask people you live with not to smoke in your presence for two weeks Be prepared for the hump days after the quit day Days ! When cravings come - remind yourself of why you are quitting from your card and that cravings will last only a few seconds to minutes! When urges and withdrawal symptoms come - remind yourself that whatever discomfort you are experiencing is only a tiny fraction of the probable discomfort associated with continued smoking i. Spend as much time as possible with non-smoking people. Keep busy, especially on evenings and weekends. Avoid "high risk" situations large parties, bars, etc. Use approved alternates e. Drink plenty of fluids avoid excess caffeine in pop, coffee, or tea Begin or increase a regular exercise program. Try to work up to 10, steps a day. Practice deep breathing or other relaxation techniques. Take a deep breath in through the nose and slowly blow out through the mouth. Take your medication s as designated by your clinician. Remind yourself that you can free yourself from this unhealthy, expensive, messy habit and become a nonsmoker. How will I feel when I quit? You may crave cigarettes, be irritable, feel very hungry, cough often, get headaches , have difficulty concentrating, or experience constipation. These symptoms of withdrawal occur because your body is used to nicotine, the active addicting agent within cigarettes. When withdrawal symptoms occur within the first two weeks after quitting, stay in control. Think about your reasons for quitting. Remind yourself that these are signs that your body is healing and getting used to being without cigarettes. The withdrawal symptoms are only temporary. They are strongest when you first quit but will go away within 10 to 14 days. Remember that withdrawal symptoms are easier to treat than the major diseases that smoking can cause. You may still have the desire to smoke. There are many strong associations with smoking, such as smoking during specific situations, with a variety of emotions, or with certain people in their lives. The best way to overcome these associations is to experience them without smoking. If you smoke again called a relapse , do not lose hope. Seventy-five percent of those who quit relapse. Most smokers quit three times before they are successful. Review the reasons why you wanted to become a nonsmoker. Plan ahead and think about what you will do next time you get the urge to smoke. What happens when you quit? After 20 minutes You stop polluting the air Your blood pressure and pulse decrease The temperature of your hands and feet increases After 8 hours The carbon monoxide level in your blood returns to normal Oxygen levels in your blood increase After 24 hours Your risk of heart attack decreases After 48 hours Your ability to taste and smell is enhanced After 2 weeks to 3 months Your circulation

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improves After 1 to 9 months Coughing, sinus congestion, fatigue, and shortness of breath decrease Your overall energy level increases After 1 year Your risk of heart disease decreases to half that of a current smoker After 5 to 15 years Your risk of stroke is reduced to that of people who have never smoked After 10 years Your risk of dying from lung cancer drops to almost the same rate as a lifelong NON-smoker. You decrease the risk of other cancers of the mouth, larynx, esophagus, bladder, kidney and pancreas After 15 years Your risk of heart disease is reduced to that of people who have never smoked Resources:

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Chapter 2 : CDC - Fact Sheet - Health Effects of Cigarette Smoking - Smoking & Tobacco Use

Get information on cigarette, cigar, and smokeless tobacco use, and learn how it affects different groups of people. Whether you want to quit tobacco or are trying to help a friend or loved one, you'll find helpful information on quitting.

Smoking while pregnant puts both you and your unborn baby at risk. Cigarettes contain dangerous chemicals, including nicotine, carbon monoxide, and tar. Smoking significantly increases the risk of pregnancy complications, some of which can be fatal for the mother or the baby. Learn about the risks of smoking while pregnant. Getting pregnant If you smoke and want to get pregnant, quitting the habit should be a priority. Smoking can prevent you from getting pregnant in the first place. Even in the first trimester smoking affects the health of your unborn baby. Both male and female smokers are about twice as likely to have issues with fertility compared to nonsmokers, according to the American Society for Reproductive Medicine. Secondhand smoke is just as dangerous to the fetus. The Environmental Protection Agency has classified secondhand smoke as a group A carcinogen. Miscarriage and stillbirth The unexpected loss of a pregnancy is a tragic event at any stage. Miscarriages typically occur in the first three months of pregnancy. On rare occasions, they can occur after 20 weeks of gestation. This is called a stillbirth. According to the U. Centers for Disease Control and Prevention CDC , smoking raises the likelihood of both early miscarriage and stillbirth. The dangerous chemicals in cigarettes are often to blame. Other complications from smoking can lead to problems with the placenta or slow fetal development. These issues can also cause a miscarriage or stillbirth. Ectopic pregnancy According to a study published in the journal PLoS One, nicotine can cause contractions in the fallopian tubes. These contractions can prevent an embryo from passing through. One possible result of this is an ectopic pregnancy. This happens when a fertilized egg implants outside of the uterus, either in the fallopian tube, or in the abdomen. In this situation, the embryo must be removed to avoid life-threatening complications to the mother. Smoking is a major risk factor for several complications linked to the placenta. One such problem is placenta abruption. This is a condition in which the placenta separates from the uterus before childbirth. Placenta abruption can cause severe bleeding and threaten the life of both the mother and the baby. Immediate medical attention may help increase the chance of a healthy birth despite placenta abruption. Placenta previa Smoking is also a risk factor for placenta previa. During pregnancy, the placenta normally grows in the uterus towards the top of the womb. This leaves the cervix open for delivery. Placenta previa is when the placenta stays in the lower part of the uterus, partially or fully covering the cervix. The placenta often tears, causing excessive bleeding and depriving the fetus of vital nutrients and oxygen. According to the CDC , smoking during pregnancy can cause preterm birth. There are numerous health risks associated with a preterm birth.

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Chapter 3 : Smoking and Your Health | Cleveland Clinic

Smoking causes serious health problems. It can lead to cancer, heart disease, stroke and lung disease. According to the American Cancer Society, the Surgeon General's reports have shown that smoking impacts nearly every organ of the body.

Cigarettes, cigars, pipes, and spit and other types of smokeless tobacco all cause cancer. There is no safe way to use tobacco. Does inhaling affect the risk of cancer? Wherever smoke touches living cells, it does harm. They are at risk for lung cancer and other diseases caused by secondhand smoke. How smoking tobacco damages your lungs Smoking damages the airways and small air sacs in your lungs. This damage starts early in smokers, and lung function continues to worsen as long as the person smokes. Still, it may take years for the problem to become noticeable enough for lung disease to be diagnosed. Smoking makes pneumonia and asthma worse. It also causes many other lung diseases that can be nearly as bad as lung cancer. COPD COPD, or chronic obstructive pulmonary disease, is the name for long-term lung disease which includes both chronic bronchitis and emphysema discussed below. The risk of COPD goes up the more you smoke and the longer you smoke. It gets worse over time, and there is no cure. Here are some facts about COPD: Smoking is by far the most common cause of COPD. More women die from COPD than men. Noises in the chest such as wheezing, rattling, or whistling , shortness of breath during activity, and coughing up mucus phlegm are some of the early signs of COPD. Over time, COPD can make it hard to breathe even at rest. The late stage is one of the most miserable of all illnesses. It makes people gasp for breath and feel as if they are drowning. The airways become inflamed swollen and the cough becomes chronic long-lasting. The symptoms can get better at times, but the cough keeps coming back. Over time, the airways get blocked by scar tissue and mucus, which can lead to bad lung infections pneumonia. Quitting smoking also helps keep the damage from getting worse. Normally, the lungs contain millions of tiny sacs that help oxygen get into the blood. In emphysema, the walls between the sacs break down and create larger but fewer sacs. This lowers the amount of oxygen reaching the blood. Over time, these sacs can break down to the point where a person with emphysema must work very hard to get enough air, even when at rest. People with emphysema are at risk for many other problems linked to weak lung function, including pneumonia. In later stages of the disease, patients can only breathe comfortably with oxygen. Emphysema cannot be cured or reversed, but it can be treated and slowed down if the person stops smoking. When a smoker inhales these substances, the body tries to get rid of them by making mucus and coughing. Normally, tiny hair-like structures called cilia in the airways help sweep harmful material out of the lungs. But tobacco smoke slows the sweeping action, so some of the particles in the smoke stay in the lungs and mucus stays in the airways. After waking up, the smoker coughs because the lungs are trying to clear away the irritants and mucus that built up from the day before. How smoking tobacco affects your heart and blood vessels Smoking tobacco damages your heart and blood vessels cardiovascular system , increasing your risk of heart disease and stroke. Smoking causes high blood pressure, lowers your ability to exercise, and makes your blood more likely to clot. It also decreases HDL good cholesterol levels in the blood. Smoking is a major risk factor for peripheral arterial disease PAD. In PAD, plaque builds up in the arteries that carry blood to the head, organs, and limbs. This increases your risk of heart disease, heart attack, and stroke. Smoking can cause or worsen poor blood flow to the arms and legs. This is called peripheral vascular disease or PVD. Surgery to improve the blood flow often fails in people who keep smoking. Women who smoke are more likely to have trouble getting pregnant. When they are pregnant they also tend to have problems that can hurt both mother and baby, for instance: Smokers are also more likely to have early membrane ruptures and placentas that separate from the uterus too early. Serious bleeding, early delivery premature birth , and emergency Caesarean section C-section may result from these problems. Smokers are more likely to have miscarriages, stillbirths, babies with cleft lip or palate, and low birth-weight babies. Smoking during pregnancy has also been linked to a higher risk of birth defects and sudden infant death

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syndrome SIDS Women who smoke tend to be younger at the start of menopause than non-smokers and may have more unpleasant symptoms while going through menopause. Men Smoking damages the arteries, and blood flow is a key part of male erections. Male smokers have a higher risk of sexual impotence erectile dysfunction the more they smoke and the longer they smoke. At least one study has also linked cigar smoking to sexual impotence in men. Smoking can also affect sperm which reduces fertility and increase the risk for miscarriage and birth defects. Other ways smoking tobacco affects your health Not all of the health problems related to smoking result in deaths. Here are a few examples of other ways smoking tobacco affects your health: Increased risk of gum disease and tooth loss. Smoking-related illness can make it harder for a person to breathe, get around, work, or play. Quitting smoking, especially at younger ages, can reduce smoking-related disability. Kids who smoke have smoking-related health problems Smoking causes serious health problems in children and teens. The most serious is nicotine addiction, which leads to long-term tobacco use. Over time, smokers then develop the health problems discussed above, and often at younger ages. Coughing spells Shortness of breath, even when not exercising Wheezing or gasping.

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Chapter 4 : Tobacco Use and Your Oral Health | Everyday Health

Secondhand smoke is a serious health hazard causing more than 41,000 deaths per year. It can cause or make worse a wide range of damaging health effects in children and adults, including lung cancer, respiratory infections and asthma. The American Lung Association has more information available on.

Ads for cigarettes were all over the place. Smoking is restricted or banned in almost all public places and cigarette companies are no longer allowed to advertise on TV, radio, and in many magazines. Almost everyone knows that smoking causes cancer, emphysema, and heart disease; that it can shorten your life by 10 years or more; and that the habit can cost a smoker thousands of dollars a year. So how come people are still lighting up? The answer, in a word, is addiction. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal. People start smoking for a variety of different reasons. Some think it looks cool. Others start because their family members or friends smoke. Most adults who started smoking in their teens never expected to become addicted. But take a look at the black, resinous gunk that builds up in a hookah hose. Also beware of electronic cigarettes e-cigarettes, which contain cancer-causing chemicals and other toxins, including a compound used in antifreeze. For some time in the US, hookahs and e-cigarettes have not been regulated or studied by the U.S. But as of August, new rules are in place to monitor these products. In the future, hookahs and e-cigarettes that are sold will need to be approved by the FDA, and companies will need to post health warnings so that people know their risks. But one thing is still certain: And many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons that can kill in high enough doses. The body is smart. First-time smokers often feel pain or burning in the throat and lungs, and some people feel sick or even throw up the first few times they try tobacco. The consequences of this poisoning happen gradually. People who smoke can develop skin problems like psoriasis a type of rash, and are more likely to get wrinkles. Also, they have an increased risk of infections like bronchitis and pneumonia. In the United States, smoking is responsible for about 1 out of 5 deaths. Smokers not only develop wrinkles and yellow teeth, they also lose bone density, which increases their risk of osteoporosis, a condition that causes older people to become bent over and their bones to break more easily. Smokers also tend to be less active than nonsmokers because smoking affects lung power. Smoking can also cause fertility problems and can impact sexual health in both men and women. Girls who are on the Pill or other hormone-based methods of birth control like the patch or the ring increase their risk of serious health problems, such as heart attacks, if they smoke. Cigarettes leave smokers with a condition called halitosis, or persistent bad breath. Bad-smelling clothes and hair. Greater risk of injury and slower healing time. Increased risk of illness. Studies show that smokers get more colds, flu, bronchitis, and pneumonia than nonsmokers. Because teens who smoke as a way to manage weight often light up instead of eating, their bodies also lack the nutrients they need to grow, develop, and fight off illness properly. Kicking Butts and Staying Smoke-Free All forms of tobacco – cigarettes, pipes, cigars, hookahs, and smokeless tobacco – are health hazards. The only thing that really helps a person avoid the problems associated with smoking is staying smoke-free. Different approaches to quitting work for different people. For some, quitting cold turkey is best. Others find that a slower approach is the way to go. Some people find that it helps to go to a support group especially for teens. These are sometimes sponsored by local hospitals or organizations like the American Cancer Society. The Internet offers a number of good resources to help people quit smoking. When quitting, it can be helpful to realize that the first few days are the hardest. Some people find they have a few relapses before they manage to quit for good. Staying smoke-free will give you a whole lot more of everything – more energy, better performance, better looks, more money in your pocket, and in the long run, more life to live!

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Chapter 5 : Smoking | Quit Smoking | Effects of Smoking | MedlinePlus

American Thoracic Society Smoking Marijuana and the Lungs Am J Respir Crit Care Med Vol. , P, can cause serious health problems.

References Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7, chemicals. Hundreds are toxic and about 70 can cause cancer. Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome SIDS. Even brief exposure to secondhand smoke can damage the lining of blood vessels and cause your blood platelets to become stickier. These changes can cause a deadly heart attack. People who already have heart disease are at especially high risk of suffering adverse effects from breathing secondhand smoke and should take special precautions to avoid even brief exposures. SIDS is the leading cause of death in otherwise healthy infants. Do not smoke in the home or around the baby. Put the baby down to sleep on its back. Secondhand Smoke Harms Children Secondhand smoke can cause serious health problems in children. Their lungs grow less than children who do not breathe secondhand smoke, and they get more bronchitis and pneumonia. Wheezing and coughing are more common in children who breathe secondhand smoke. Secondhand smoke can trigger an asthma attack in a child. Children with asthma who are around secondhand smoke have more severe and frequent asthma attacks. Children whose parents smoke around them get more ear infections. They also have fluid in their ears more often and have more operations to put in ear tubes for drainage. Parents can help protect their children from secondhand smoke by taking the following actions: Do not allow anyone to smoke in your car, even with the window down. If your state still allows smoking in public areas, look for restaurants and other places that do not allow smoking. Department of Health and Human Services. A Report of the Surgeon General. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence. The Health Consequences of Smoking: Centers for Disease Control and Prevention.

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Chapter 6 : Lung Cancer: Causes and Promising Natural Solutions

Smoking is highly addictive. Nicotine is the drug primarily responsible for a person's addiction to tobacco products, including cigarettes. The addiction to cigarettes and other tobacco products that nicotine causes is similar to the addiction produced by using drugs such as heroin and cocaine ().

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. In addition to affecting your overall health, tobacco use and smoking can cause a number of oral health issues, ranging from oral cancer to discolored teeth. Goldman School of Dental Medicine. Likewise, the risk of oral cancer is six times higher among smokers relative to non-smokers. It starts out as inflammation of the gums. One study found that smoking was associated with more than 50 percent of periodontal disease cases. The bottom line is that regular exposure to tobacco in any form can compromise your health. People who use smokeless tobacco are also at higher risk of tooth decay and cavities because some varieties of chewing tobacco contain sugar for a sweeter taste, and sugar is a primary cause of tooth decay. Protecting Your Oral Health The following three principles can help to ensure good oral health throughout the years: And the longer you remain a non-smoker, the lower your risk becomes. Get regular dental checkups. As with most cancers, early detection can improve your outcome. The heat and carcinogens found in cigarettes and tobacco are also damaging to your mouth and gums. So people who use tobacco need to be doubly careful about brushing and flossing correctly and doing so as often as recommended. Visit the Dentist Regularly If you do use tobacco, cutting back and eventually quitting are some of the most important actions you can take to improve both your oral health and your overall health. Plus, the treatments can be more challenging at later stages. Surgery and radiation treatments are often disfiguring and can affect your ability to speak and eat. Talk to your dentist or general doctor about what can help you to kick your smoking and other tobacco habits today.

Chapter 7 : Health Effects | American Lung Association

Each year, the American Cancer Society encourages smokers to quit smoking on the third Thursday of November. Known as the Great American Smokeout, the event helps smokers understand that quitting, even for just one day, is the first step in becoming healthier. With tobacco use remaining the largest.

Chapter 8 : Health Effects of Secondhand Smoke | American Lung Association

In June , the American Cancer Society, the American Heart Association, the National Tuberculosis Association, and the American Public Health Association addressed a letter to President John F. Kennedy, in which they called for a national commission on smoking, dedicated to "seeking a solution to this health problem that would interfere.

Chapter 9 : CDC - Fact Sheet - Health Effects of Secondhand Smoke - Smoking & Tobacco Use

Smoking causes about 90% (or 9 out of 10) of all lung cancer deaths. 1,2 More women die from lung cancer each year than from breast cancer. 5 Smoking causes about 80% (or 8 out of 10) of all deaths from chronic obstructive pulmonary disease (COPD). 1.