

# SMOKING

- Smoking is the single most preventable cause of premature death in America, killing 390,000 Americans each year.
- Cigarettes kill more Americans than AIDS, alcohol, auto accidents, murders, suicides, illegal drugs and fires combined!
- Smoking wrinkles your skin and discolors your teeth.
- Pregnant smokers suffer more vaginal bleeding, spontaneous abortions, fetal deaths, infant deaths and respiratory complications after birth.
- 3,000 teens start smoking every day.
- Lung cancer is now the number one cancer killer in women, surpassing even breast cancer.
- Long term effects of smoking are stroke, heart attack, stomach ulcers, and cancers of the mouth, stomach, throat and lungs.
- Parents who smoke are much more likely to have children who smoke.
- Regular smokers have less physical endurance and are more susceptible to colds, flu, chronic bronchitis and emphysema.
- Smoking one pack a day for one year costs \$1,113.25.
- “Low yield” or “light” cigarettes have not been shown to decrease health risk levels below those associated with regular cigarettes.
- Cigarettes produce 4,700 chemicals while burning; 400 of these are known to be toxic.

For more information contact the Oakland County Health Division  
at (248) 424-7172.



Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

Source: OCHD, January 1998