

# Smoking and Health Issues Today: An In-Depth Look

Smoking is one of the leading causes of preventable death in the world. According to the Centers for Disease Control and Prevention (CDC), smoking kills more than 480,000 people in the United States each year. That's more than the number of people who die from car accidents, breast cancer, and HIV/AIDS combined.

Smoking damages nearly every organ in the body, including the lungs, heart, blood vessels, and reproductive organs. It can lead to a wide range of health problems, including cancer, heart disease, stroke, and COPD.

## Cancer



### Smoking and Health (Issues Today Book 41) by Lisa Firth

★★★★☆ 4.5 out of 5

Language : English  
File size : 1608 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 28 pages



Smoking is the leading cause of preventable cancer deaths in the United States. It is responsible for about 1 in 5 cancer deaths. Smoking damages the DNA in cells, which can lead to the development of cancer.

The chemicals in cigarettes have been linked to several types of cancer, including:

- Lung cancer
- Oral cancer
- Esophageal cancer
- Stomach cancer
- Pancreatic cancer
- Kidney cancer
- Bladder cancer
- Cervical cancer

## **Heart Disease**

Smoking is a major risk factor for heart disease. It damages the blood vessels and increases the risk of blood clots. Smoking also lowers the levels of good cholesterol (HDL) and raises the levels of bad cholesterol (LDL).

Heart disease is the leading cause of death in the United States. Smoking increases the risk of heart attack, stroke, and other heart problems.

## **Stroke**

Smoking is a major risk factor for stroke. It damages the blood vessels and increases the risk of blood clots. Smoking also lowers the levels of good cholesterol (HDL) and raises the levels of bad cholesterol (LDL).

Stroke is the fifth leading cause of death in the United States. Smoking increases the risk of stroke by two to four times.

## **COPD**

COPD is a group of lung diseases that make it difficult to breathe. Smoking is the leading cause of COPD.

COPD is a progressive disease, which means that it gets worse over time. There is no cure for COPD, but treatment can help to slow the progression of the disease and improve symptoms.

Quitting smoking is one of the best things you can do for your health. When you quit smoking, your body begins to heal itself. The risk of developing smoking-related health problems decreases, and your overall health improves.

Some of the benefits of quitting smoking include:

- Reduced risk of cancer, heart disease, stroke, and COPD
- Improved lung function
- Increased energy levels
- Better mood
- Healthier skin and hair
- More money in your pocket

If you're thinking about quitting smoking, there are many resources available to help you. You can talk to your doctor, join a support group, or

use a quit-smoking app.

Here are some resources that can help you quit smoking:

- The National Cancer Institute's SmokefreeTXT program: This free program provides text message support to help you quit smoking.
- The CDC's SmokefreeTXT program: This free program provides text message support to help you quit smoking.
- The National Jewish Health's Fresh Start program: This program offers free smoking cessation classes and counseling.
- The American Lung Association's Freedom From Smoking program: This program offers free smoking cessation classes and counseling.

Smoking is a major risk factor for a wide range of health problems, including cancer, heart disease, stroke, and COPD. Quitting smoking is one of the best things you can do for your health. If you're thinking about quitting smoking, there are many resources available to help you.

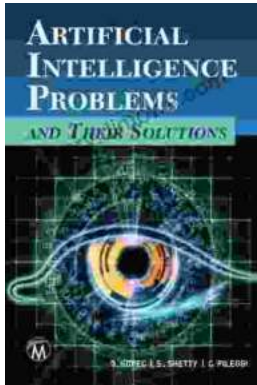


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