

10 Things You Didn't Know About Smoking

1. Every day almost 1,200 Americans die from smoking.
In two years that would be equivalent to losing the entire population of Buffalo, Rochester, Syracuse and Yonkers combined.
2. Smokers are about twice as likely to die from cancer as non-smokers.
3. Smokers are about three times as likely to die from heart attack as non-smokers.
4. One-half of heavy smokers (25 cigarettes or more per day) will die of diseases caused by their smoking.
5. More than 2,500 deaths of infants under one year of age are attributable to smoking by mothers.
6. Among men aged 40-50, deaths from heart disease are nine times more common in smokers than in non-smokers.
7. 60 percent of children who smoke start by the age of 14.
8. Children who smoke are 15 times more likely than non-smokers to go on to use narcotic drugs.
9. The tobacco industry spends almost 4 billion dollars per year to promote smoking, more than is spent advertising and promoting any other product.
10. A pack of cigarettes cost about 5¢ to produce; yet most smokers spend \$5.00 per pack or more.



New York State Smokers' Quitline

www.nysmokefree.com

1-(866) NY-QUITS
1-(866)-697-8487

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10 More Things You Didn't Know About Smoking

1. 169,400 Americans contract lung cancer every year. 156,700 (93%) will die because of the disease. Of those deaths, 135,630 (87%) were smokers.
2. Among 1,000 young men who smoke:



- 1 Will be murdered
- 6 will die in traffic accidents
- 250 will die from smoking-related diseases

3. Smoking causes 1 in 5 deaths in the United States each year.

4. Cigarette smoke contains over 4,000 chemicals. More than 40 are known to cause cancer. Smokers' lungs retain more than 70 percent of the tar and nicotine they inhale.



5. A cigarette smoker is 2.5 times more likely than a non-smoker to die before age 55 and twice as likely to die before age 75.

6. Smoking causes 174,000 deaths from heart attack in the United States each year.

7. Eight of 10 people with emphysema smoke cigarettes.

8. Cigarettes are the leading cause of fire death in the USA.



9. More than six million Americans under age 18 use tobacco. Everyday, more than 3,000 children start smoking.
10. Tobacco use kills more than the total number killed by AIDS, alcohol, motor vehicles, homicide, illegal drugs and suicide combined. Even if the number of smoking deaths were cut in half, smoking would still kill more people than all of these other causes.