Smoking and the Human Body

The Surgeon General’s 2014 Report now causally links smoking to diabetes; colorectal, liver and lung cancer; adverse outcomes in cancer patients and survivors; tuberculosis, erectile dysfunction; orofacial clefts in infants; ectopic pregnancy; and rheumatoid arthritis. Here’s how smoking affects the body’s organs.

EYES
Smoking is causally linked with age-related macular degeneration, cataracts, and blindness.

LUNGS
Lung cancer is the nation’s leading cancer killer. Smoking also worsens asthma in adults and is the leading cause of chronic obstructive pulmonary disease (COPD).

MOUTH
Smoking causes periodontitis (gum disease), and oral or mouth cancer, which can spread to other body areas.

HEART
Secondhand smoke causes significantly more deaths from cardiovascular diseases than from lung cancer.

BRAIN
Exposure to secondhand smoke can increase the risk of stroke by 20–30%. About 600,000 strokes occur each year, and stroke is the nation’s third-leading cause of death.

Smoking is responsible for more than 480,000 deaths per year in the U.S. Global trends show tobacco use will cause more than 8 million deaths annually by 2030, according to the World Health Organization. On average, smokers die 10 years earlier than nonsmokers. Smoking is the leading preventable cause of premature disease and death. Quitters win! Stopping smoking has both immediate and long-term health benefits. Let us help you quit!

QUITLINE: 1-866-409-1858 (toll-free)
Get motivation from specialists who’ll assess your needs and options, and talk you through barriers like stress, cravings, irritability and weight gain. Call now.

ONLINE: quitsupport.com
Our web program helps you quit at your own pace with online learning and support, stage-based information, lessons, exercises, and tracking tools. Enroll now. For Delaware residents 18 and older.