

Tobacco Presentation: Notes Page

Slide 1: Title

Slide 2: Goals of talk (see slide)

Slide 3: (read)

Slide 4: (read)

Slide 5:

- The adverse health effects from cigarette smoking account for an estimated 438,000 deaths, or nearly 1 of every 5 deaths, each year in the United States.

Slide 6:

Cancer

- The risk of dying from lung cancer is more than 22 times higher among men who smoke cigarettes and about 12 times higher among women who smoke cigarettes compared with never smokers.
- Cigarette smoking increases the risk for many types of cancer, including cancers of the lip, oral cavity, pharynx, esophagus, pancreas, larynx (voice box), lung, uterine cervix, urinary bladder, and kidney.
- Rates of cancers related to cigarette smoking vary widely among members of racial/ethnic groups but are highest among African-American men.

Heart Disease and Stroke

- Smoking causes coronary heart disease, the leading cause of death in the United States. Cigarette smokers are 2–4 times more likely to develop coronary heart disease than nonsmokers.
- Cigarette smoking approximately doubles a person's risk for stroke.
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries). Smokers are more than 10 times as likely as nonsmokers to develop peripheral vascular disease.
- Smoking causes abdominal aortic aneurysm.

Respiratory Health

- Cigarette smoking is associated with a tenfold increase in the risk of dying from chronic obstructive lung disease. About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking.

- Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).
- Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk for hip fracture than never smokers.

Slide 7: (read)

Slide 8:

- Secondhand smoke contains more than 250 toxic chemicals, including more than 50 known carcinogens.

Slide 9:

- More than 126 million nonsmoking Americans continue to be exposed to secondhand smoke in homes, vehicles, workplaces, and public places.
- Almost 60% of U.S. children aged 3–11 years—or almost 22 million children—are exposed to secondhand smoke.
- About 25% of children aged 3–11 years live with at least one smoker, compared to only about 7% of nonsmoking adults.

Slide 10:

- Secondhand smoke exposure causes respiratory symptoms in children and slows their lung growth.
- Breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk of heart attack. People who already have heart disease are at especially high risk.
- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30% and their lung cancer risk by 20–30%.

Slide 11: (read)

Slide 12: (read)

Slide 13: (read)

Slide 14: (read)

Slide 15: (read)

Slide 16: (read)

Slide 17: (read)

Slide 18: (read)

Slide 19: (read)

Slide 20: (read)