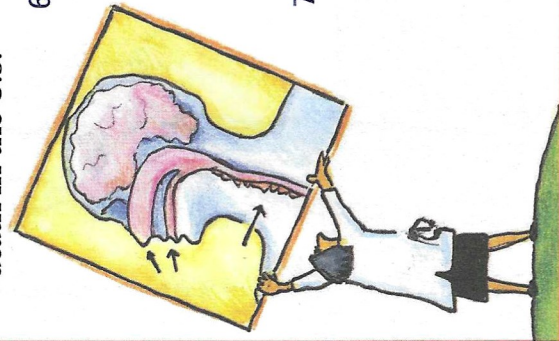


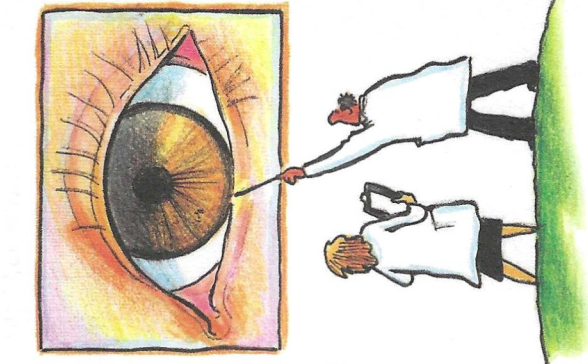
You know that smoking isn't good for your health. But now, the Surgeon General has evidence that smoking is even worse for your health than experts thought! Here are some of the health consequences smokers face:

1. Smoking harms nearly **every part** of a smoker's body, not just the lungs.
2. Smoking damages the body's ability to fight off **infections** and **disease**. It can also lead to autoimmune disorders like **rheumatoid arthritis**.
3. Smokers **cough** and **wheeze** more than nonsmokers and have a higher risk of **pneumonia** and **tuberculosis**.
4. Smoking can cause **heart disease** in both men and women. Heart disease is the leading cause of death in the U.S.
5. Smoking is a major cause of **strokes**. Strokes are the fifth leading cause of death in the U.S.



6. Smoking contributes to **hardening of the arteries** (which increases the risk of heart attack and stroke).
7. Smoking can cause an **abdominal aortic aneurysm** (a bulging blood vessel that can burst and cause internal bleeding).

8. Most **lung cancers** are caused by smoking. Lung cancer is the leading cause of cancer deaths in the U.S.
9. Smoking can cause **cataracts** and **macular degeneration**. Both can lead to blindness.



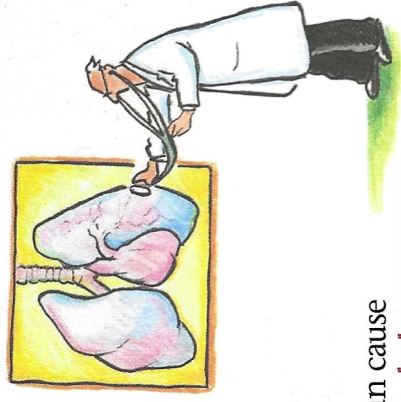
10. Smokers have a much higher risk of **periodontitis** (gum disease).
11. Smoking increases the risk of **stomach ulcers**.
12. Smoking can cause **cancers of the stomach, liver, colon and rectum**.
13. Smokers have a greater risk of developing **kidney cancer** than do nonsmokers.

14. Smoking causes **cervical cancer**.
15. Smoking hurts the airways in the lungs. This can lead to **COPD** (chronic obstructive pulmonary disease).
16. COPD includes **emphysema** and **chronic bronchitis**.

17. Cigarette smoke contains a chemical called benzene, which can cause **acute myeloid leukemia** (a cancer that affects the blood).
18. Smoking can lead to **cancers of the bladder and the pancreas**.

19. Smoking slows lung growth. Teens who smoke may have **lungs that never fully develop**.
20. Smoking increases the risk of **oral cancer** (cancer of the mouth).

21. Smoking causes **cancers of the throat, larynx and esophagus**.
22. Smoking is linked to **infertility** problems in women and men. It can cause **erectile dysfunction**.



23. Smoking can cause **complications during pregnancy** such as **ectopic pregnancy** and **miscarriage**.
24. Smoking while pregnant can lead to **stillbirth, premature births and low birthweight** babies.

25. Babies whose mothers smoke are at a higher risk for birth defects such as **cleft palate**, as well as **sudden infant death syndrome (SIDS)**.
26. Smoking causes **lower bone density** (thinner bones). This increases the risk of broken bones including hip fracture.
27. Smoking can cause **type 2 diabetes**. It also makes diabetes harder to control.