

## FAST FACTS

# Smoking

## *The evidence is clear*

**Smoking, as we all now know well, is harmful to health. There are no health benefits from smoking cigarettes.**

If your goal is to optimise health or promote wellbeing, smoking will always present an opposing force to your body's ability to thrive.

### Health concerns relating to smoking:

#### 1. Cancer

- Smoking is a primary cause of many types of cancer, including lung, throat, mouth, oesophagus, bladder, kidney, pancreas, cervix, colon, and stomach cancer.
- It is also linked to acute myeloid leukaemia.

#### 2. Respiratory Diseases

- Chronic Obstructive Pulmonary Disease (COPD): This includes conditions like chronic bronchitis and emphysema.
- Asthma: Smoking can trigger asthma attacks or make them more severe.
- Pneumonia: Smokers are at higher risk of developing pneumonia and other lung infections.
- Reduced lung function: Over time, smoking reduces the lungs' ability to filter out harmful chemicals, leading to decreased lung function.

#### 3. Cardiovascular Diseases

- Increases the risk of coronary heart disease, stroke, and peripheral vascular disease.
- Smoking damages the heart and blood vessels, leading to the buildup of fatty substances (atherosclerosis) in the arteries.

#### 4. Reproductive Health Issues

- In Women: Smoking can reduce fertility and is linked to premature birth, stillbirth, and infant death. It's also associated with ectopic pregnancy and reduced bone density in postmenopausal women.
- In Men: Reduced fertility, erectile dysfunction, and lower sperm quality are some of the potential risks.

#### 5. Skin

- Premature ageing and wrinkling of the skin.
- Reduced skin healing, which can lead to skin infections and complications after surgeries.
- Increased risk of skin cancer.

#### 6 Eye Diseases

- Increases the risk of cataracts and age-related macular degeneration.



#### 7. Oral Health Issues

- Bad breath, stained teeth, gum disease, reduced sense of taste and smell, and a higher risk of oral cancer.

#### 8. Diabetes

- Smoking is linked to a higher risk of type 2 diabetes and can make it harder to control the disease.

#### 9. Bone Health

- Decreased bone density, leading to an increased risk of osteoporosis and bone fractures.

#### 10. Mental Health

- While some people use cigarettes as a way to cope with stress, anxiety, or depression, smoking can increase feelings of anxiety and tension and can exacerbate mental health disorders.

Second hand smoke being inhaled by those in the same environment can pose similar risks. There is no argument for smoking being part of a healthy lifestyle or optimal health.

### E-cigarettes

Are not risk free and can cause harmful health effects and damage your lung. [Learn more](#)

### Resources

<https://www.tryfinito.com/>