

## How Does Cigarette & Other Tobacco Smoking Affect You?

Tobacco use is the single most preventable cause of death in the United States. Nicotine addiction is one of the hardest addictions to break! But remember: quitting has immediate as well as long-term benefits for you and your loved ones.

**West Virginia  
TOBACCO  
QUITLINE**  
1-800-QUIT-NOW 1-877-966-8784

The [WV Tobacco Cessation Quitline](#) provides highly trained, WV-based, certified phone coaches to help participants quit tobacco. Many Quitline coaches hold Master's degrees and are trained in counseling and motivational interviewing. In addition to phone coaching, Quitline offers free nicotine replacement therapy and information and materials on quitting tobacco. Specialized programs for pregnant smokers and spit tobacco users are available.

Quitline enrollees receive four free proactive coaching calls and unlimited reactive coaching calls, as well as Nicotine Replacement Therapy (NRT). Eight weeks of patches, gum or lozenges are available.

The [WV Tobacco Quitline](#), managed by beBetter Networks, has been in operation since 2000. Since then, Quitline has enrolled over 70,000 West Virginians for Quitline services. Quitline is **FREE** to all West Virginians. **CALL TODAY!**

Check out our  
new website!

[www.wvdtp.org](http://www.wvdtp.org)

The West Virginia Division of Tobacco Prevention has three distinct programs: Cessation, Clean Indoor Air, and Youth. Each addresses these separate issues while also addressing overall tobacco use in West Virginia. The vision of the WV Division of Tobacco Prevention is:

**“A West Virginia free from tobacco-related death and disease”**

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WEST VIRGINIA TOBACCO  
CESSATION  
PROGRAM  
West Virginia Department of Health and Human Resources



West Virginia  
YOUTH  
Tobacco Prevention Program



## WV Division of Tobacco Prevention NEWS 2 USE

### How Does Cigarette & Other Tobacco Smoking Affect You?

Smoking harms nearly every organ of the body. It causes nearly one of five deaths in the United States and in West Virginia (WV) each year. WV has one of the highest rates of cigarette smoking in the country. Despite success in reducing smoking among WV youth, there have not yet been any recent declines in cigarette smoking among WV adults.

The *2012 Tobacco is Killing and Costing Us Report* reveals an average of 3,770 WV adults (age 35 and older) die annually from diseases related to smoking.

Additionally, cigarette smoking is the cause of 67% of cancer deaths and 70% of lung disease deaths among WV adults. The average WV cigarette smoker (age 35 and over) loses an average of 14.6 years of life due to premature death.

Smoking-related economic costs are very high in WV, with estimated annual direct health care costs at \$709 million and the estimated annual lost productivity (lost wages and other economic contributions of those who died early) amounting to just over \$1 billion. This combined \$1.7 billion smoking-related cost, if viewed as a cost per pack of cigarettes sold in WV equals about \$9 per pack. When expressed per WV smoker, this is about \$4,600 per adult smoker (18 and older) in preventable costs.

According to the *2012 West Virginia Adult Tobacco Survey*:

- The adult smoking prevalence for WV is 23.9%.
- WV adults ages 25-34 have the highest smoking rate (38.4%).
- WV adults with less than a high school diploma/GED have the highest smoking rate (38.2% of this population are cigarette smokers).

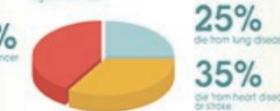
\*Much of this DTP News 2 Use was adapted from the U.S. Department of Health & Human Services Report and website, *How Smoking Affects Your Body*, April, 2013. [betobaccofree.hhs.gov/health-effects/smoking-health](http://betobaccofree.hhs.gov/health-effects/smoking-health)

### CIGARETTE SMOKE AFFECTS YOUR BODY



**440,000**  
People die prematurely in the United States each year due to smoking cigarettes or being exposed to cigarette smoke<sup>3</sup>

40% die from cancer



### SMOKING ALSO AFFECTS YOUR

#### AUTOIMMUNE SYSTEM

- Crohn's Disease<sup>4</sup>
- Rheumatoid Arthritis<sup>5</sup>

#### HEART

- Plaque Buildup in Your Arteries<sup>6</sup>
- Aneurysms<sup>7</sup>
- Coronary Heart Disease<sup>8</sup>
- Heart Attack<sup>9</sup>
- Peripheral Arterial Disease<sup>10</sup>
- Stroke<sup>11</sup>

#### BONES

- Osteoporosis<sup>12</sup>
- Bone Loss<sup>13</sup>

#### VISION

- Macular Degeneration<sup>14</sup>
- Optic Nerve Damage<sup>15</sup>
- Blindness<sup>16</sup>

#### BLOOD

- Increased Blood Pressure<sup>17</sup>
- Changes to Blood Chemistry<sup>18</sup>
- Thickened Blood Vessels<sup>19</sup>

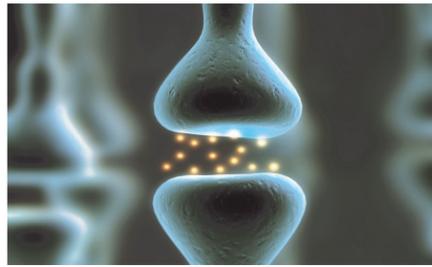
#### LUNGS

- Chronic Obstructive Pulmonary Disease<sup>20</sup>
- Emphysema<sup>21</sup>
- Chronic Bronchitis<sup>22</sup>
- Pneumonia<sup>23</sup>

[www.BeTobaccoFree.gov](http://www.BeTobaccoFree.gov)



**News 2 Use, Spring 2013: How Does Cigarette and Other Tobacco Smoking Affect You?**



**Is smoking a risk factor for autoimmune diseases?**

Smoking is a risk factor for several autoimmune diseases, including Crohn's disease and rheumatoid arthritis. It may also play a role in periodic flare-ups of signs and symptoms of autoimmune diseases. Smoking doubles your risk of developing rheumatoid arthritis.

**How does smoking affect bone health?**

Recent studies show a direct relationship between tobacco use and decreased bone density. Smoking is one of many factors—including weight, alcohol consumption, and activity level—that increase your risk for osteoporosis, a condition in which bones weaken and become more likely to fracture.

Significant bone loss has been found in older women and men who smoke. Quitting smoking appears to reduce the risk for low bone mass and fractures. However, it may take several years to lower a former smoker's risk.

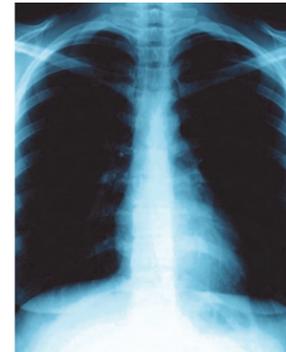
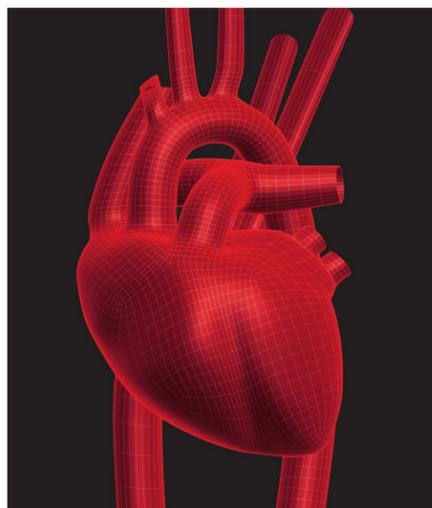
In addition, smoking from an early age puts women at even higher risk for osteoporosis. Smoking lowers the level of the hormone estrogen in your body, which can cause you to go through menopause earlier, boosting risk for osteoporosis.

**How does smoking affect the heart and blood vessels?**

The chemicals in tobacco smoke harm your blood cells and damage the function of your heart. This damage increases risk for:

- Atherosclerosis, a disease in which plaque builds up in arteries.
- Aneurysms, which are bulging blood vessels that can burst and cause death.
- Coronary heart disease (CHD), when plaque builds up in the heart's arteries.
- Heart attack and damage to your arteries.
- Peripheral arterial disease (PAD), a condition in which plaque builds up in the arteries that carry blood to the head, organs and limbs.
- Stroke, the sudden death of brain cells caused by blood clots or bleeding.

Breathing secondhand tobacco smoke can even change blood chemistry and damage blood vessels. As you inhale smoke, cells that line the body's blood vessels react to its chemicals. Heart rate and blood pressure go up and blood vessels thicken and narrow.



**How does smoking affect lungs and breathing?**

Every cigarette you smoke damages your breathing and scars your lungs. Smoking causes:

- Chronic obstructive pulmonary disease (COPD), a disease that worsens over time and causes wheezing, shortness of breath, chest tightness and other symptoms.
- Emphysema, a condition in which the walls between the air sacs in your lungs lose their ability to stretch and shrink back. Your lung tissue is destroyed, making it difficult or impossible to breathe.
- Chronic bronchitis, which causes swelling of the lining of your bronchial tubes. When this happens, less air flows to and from your lungs.
- Pneumonia.
- People with asthma can suffer severe attacks when around cigarette or cigar smoke.



**Can smoking affect eye health and vision?**

Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract and optic nerve damage, all of which can lead to blindness.



**Do light cigarettes cause cancer?**

There is no such thing as a safe cigarette. People who smoke any kind of cigarette are at increased risk for smoking-related diseases. Although it is no longer legal to sell light cigarettes, people who smoked light cigarettes in the past are likely to have inhaled the same amount of toxic chemicals as those who smoked regular cigarettes. They remain at high risk of developing smoking-related cancers and other diseases.



**Can smoking cigars and pipes cause cancer?**

Cigar and pipe smoke, like cigarette smoke, contains toxic and cancer-causing chemicals that are harmful to both smokers and non-smokers. Cigar and pipe smoking causes cancers of the:

- Bladder
- Esophagus
- Larynx (voice box)
- Lips
- Lungs
- Mouth
- Throat
- Tongue.

If you smoke cigars daily, you are at increased risk for developing heart disease and lung diseases such as coronary heart disease and emphysema.

