

esophagus, bladder, kidney, and pancreas decreases; and the risk of ulcers decreases.

Fifteen years after quitting, the risk of coronary heart disease is similar to that of people who have never smoked, and the risk of death returns to nearly the level of people who have never smoked.

**For more information by phone, please call:**

Toll-free National Quitline  
1-800-QUIT-NOW

American Cancer Society  
1-800-ACS-2345

The Centers for Disease Control and  
Prevention  
1-800-CDC-1311

Cosmetic Executive Women  
Cancer Information Service  
1-800-4-CANCER

American Heart Association Information Line  
1-800-AHA-USA1

**CONTACT INFORMATION:**

[riht@uscridc.org](mailto:riht@uscridc.org)  
U.S. Committee for Refugees and  
Immigrants  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Phone: 202 • 347 • 3507  
Fax: 202 • 347 • 7177  
[www.refugees.org](http://www.refugees.org)

**For more information about smoking, on  
the Internet, please visit:**

The U.S. Government  
[www.smokefree.gov](http://www.smokefree.gov)

National Cancer Institute  
[www.cancer.gov](http://www.cancer.gov)

American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

• • •

*Information for this brochure was adapted from  
materials developed by:*

*World Health Organization (WHO)*

*The Centers for Disease Control  
and Prevention (CDC)*

*The National Cancer Institute*

*American Lung Association*

*American Cancer Society*

*American Heart Association*

*Campaign for Tobacco-Free Kids*

*This brochure was developed with funding from  
the Department of Health and Human Services  
Office of Refugee Resettlement.*



**Live Longer:  
Stop Smoking Now**



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

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

**HEALTHY LIVING**

**NEGATIVE HEALTH EFFECTS OF SMOKING**

Smoking causes lung cancer. Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer. In addition, smoking affects nearly every human organ and body system. The World Health Organization estimates that someone dies from tobacco use every 6.5 seconds.

The U.S. Surgeon General reports that smoking can cause all of the following health problems:

- Abdominal aortic aneurysm
- Acute myeloid leukemia
- Cataract
- Cervical cancer
- Kidney cancer
- Pancreatic cancer
- Pneumonia
- Periodontitis (gum disease)
- Stomach cancer
- Bladder cancer
- Esophageal cancer
- Laryngeal cancer
- Lung cancer
- Oral cancer
- Throat cancers
- Chronic lung diseases
- Coronary heart and cardiovascular diseases
- Reproductive effects such as decreased fertility
- Sudden infant death syndrome

In 2006, the average cost of a pack of cigarettes nationwide was \$4.35. At that cost, a person who smoked one pack each day would spend nearly

\$1,600 every year on cigarettes. A person who smoked one pack a day for 20 years would spend \$32,000 on cigarettes.

Every year, smoking costs the United States \$167 billion in health care costs.

**MATERNAL SMOKING**

Studies have shown that smoking makes it more difficult for women to get pregnant. Women who smoke prior to pregnancy are more likely to suffer complications while pregnant than women who do not smoke. Children born to mothers who smoke while pregnant are more susceptible to low birth weight (the number one killer of babies in the United States), stillbirth, and infant death.

**SECONDHAND SMOKE**

Secondhand smoke, sometimes called passive smoke, is the smoke exhaled from the lungs of smokers, and the smoke that comes from the burning end of a cigarette, cigar or pipe. Secondhand smoke is dangerous. Each year secondhand smoke causes 3,000 deaths from lung cancer and another 35,000 deaths from other diseases in the United States. Secondhand smoke causes irritation of the eyes, nose, throat, and lungs, and can cause coughing.

Secondhand smoke is especially dangerous for children. Children exposed to secondhand smoke:

- have more ear infections,
- are more likely to suffer from bronchitis, pneumonia and other lung diseases, and

**THE BENEFITS OF QUITTING**

Within twenty minutes of smoking his or her last cigarette, the smoker's body begins a series of changes.

Twenty-four hours after quitting:

- Chance of a heart attack decreases

Between two weeks and three months after quitting:

- Circulation improves
- Walking becomes easier
- Lung function increases

Between one and nine months after quitting:

- Coughing, sinus congestion, fatigue, and shortness of breath decrease

One year after quitting:

- Excess risk of coronary heart disease is decreased to half that of a smoker

**LONG-TERM BENEFITS OF QUITTING**

Within five to fifteen years of quitting, the risk of stroke drops to that of people who have never smoked.

Ten years after quitting, the risk of lung cancer drops to as little as one-half that of continuing smokers; the risk of cancer of the mouth, throat,