

# CIGARETTE SMOKING AND LUNG DANGERS

*Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer*

Putting down the cigarettes can help slow down this process and keep you breaking a sweat, not your bones, on the dance floor. Smoking is the most preventable cause of death in the United States. Here are a few examples: 1,3-Butadiene is a chemical used to manufacture rubber. For example, research has shown that if you regularly smoke 10 cigarettes a day, you are one and a half times more likely to develop kidney cancer compared with a non-smoker. Last Reviewed: Feb 17, It may not be easy, but you can do it! For men, this can decrease sexual performance. Smokers are also more likely to have early membrane ruptures and placentas that separate from the uterus too early. Male smokers have a higher risk of sexual impotence erectile dysfunction the more they smoke and the longer they smoke. Once a person stops smoking, the benefits start accumulating. You can slow down the progression of the disease and stopping smoking is the most effective way to do this. Still, it may take years for the problem to become noticeable enough for lung disease to be diagnosed. The symptoms can get better at times, but the cough keeps coming back. Here are a few examples of other ways smoking tobacco affects your health: Increased risk of gum disease and tooth loss. Once you've been smokefree for 20 years, your risk of head and neck cancer is reduced to that of a non-smoker. Exposure to secondhand smoke carries the same risk to a nonsmoker as someone who does smoke. Smoking is a major risk factor for peripheral arterial disease PAD. They also tend to have higher rates of pneumonia and bronchitis. Smoking can increase your risk for cancer of the bladder, throat, mouth, kidneys, cervix and pancreas. This can possibly lead to decreased sexual desire. This lowers the amount of oxygen reaching the blood. It can cause cancer, particularly leukemia, in humans. Smoking is linked to an increased risk of developing and dying from this type of cancer. Chromium VI compounds cause lung cancer and have been associated with cancer of the nose and nasal sinuses.