

HEALTH RISKS

HEALTH EFFECTS SMOKING

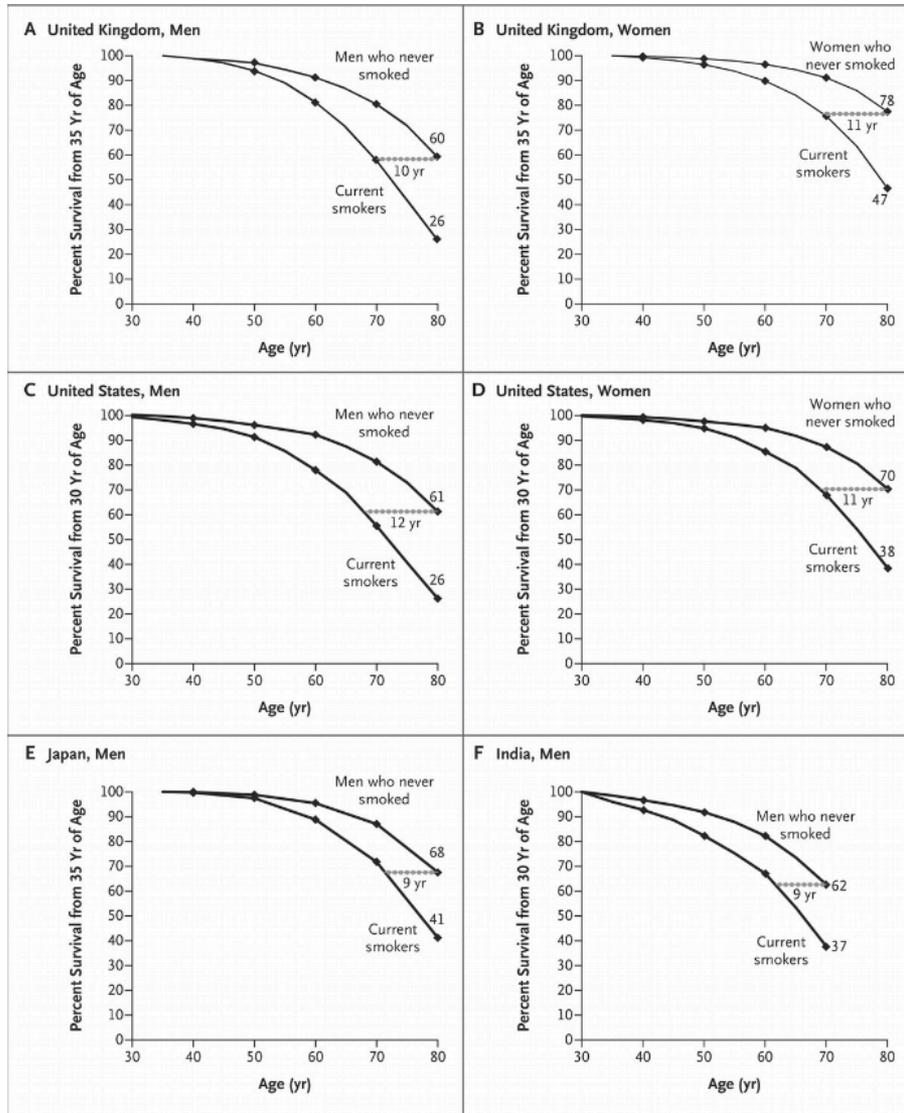


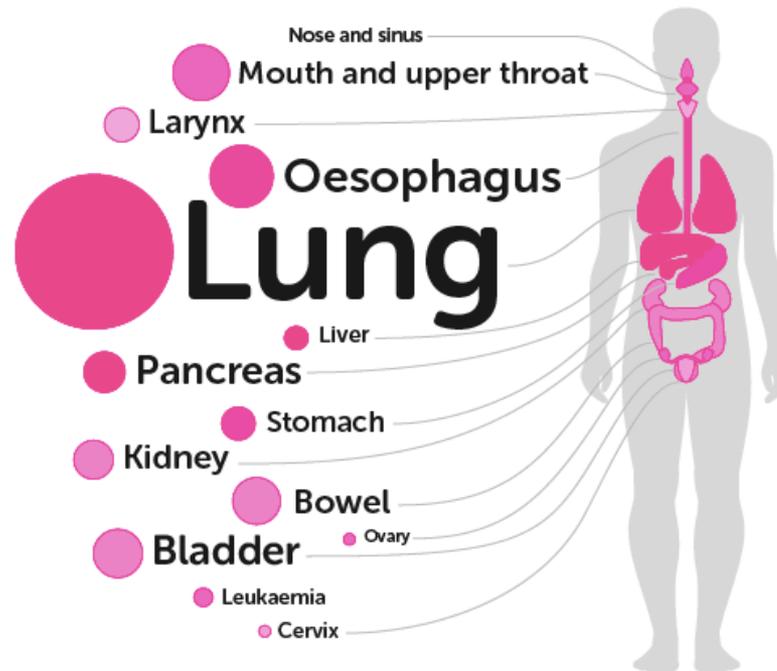
Figure 1. Loss of a Decade of Life Expectancy from Smoking Cigarettes throughout Adulthood.

Shown are probabilities of survival from 30 or 35 years of age (current smokers vs. persons who never smoked, linked by dots representing 1 year each) among U.K. men¹¹ and women,¹² U.S. men and women,¹³ Japanese men,¹⁵ and Indian men.¹⁶

HEALTH EFFECTS SMOKING

SMOKING CAUSES 14 TYPES OF CANCER

64,500 cancers are caused by smoking each year in the UK. They are:



The size of the circle shows how many cancer cases are caused by smoking.

Darker circles show types of cancer where survival is lowest.

The number of nose and sinus cancer cases caused by smoking is not estimated because the precise smoking-related risk increase is not known.

HEALTH EFFECTS SMOKING

Table 2. Relative risks for various causes of death

	Tobacco related disease *	Males	Females
1	Upper aerodigestive cancer	8.1	6.0
2	Stomach cancer	2.2	1.5
3	Liver cancer	2.3	1.5
4	Pancreas cancer	2.2	2.2
5	Cervix uteri cancer	-	1.5
6	Bladder cancer	3.0	2.4
7	Myeloid leukemia	1.9	1.2
8	Kidney and other urinary cancer	2.5	1.5
9	Ischaemic heart disease		
	30-44 years	5.5	2.3
	45-59	3.0	3.8
	60-69	1.9	2.5
	70-79	1.4	1.7
	80 years & over	1.1	1.4
10	Stroke		
	30-44 years	3.1 ^a	4.6
	45-59	3.1	4.6
	60-69	1.9	2.8
	70-79	1.4	2.0
	80 years & over	1.1	1.0 ^b
11	Hypertensive heart disease	2.0	2.1
12	Other cardiovascular diseases	2.2	2.0
13	Chronic obstructive pulmonary disease	10.8	12.3
14	Other respiratory diseases	1.9	2.2
15	Tuberculosis	1.6	1.6

Notes: a - Estimate for 45-59 used for this age group

b - Set to 1 since a relative risk of less than 1 is implausible



HEALTH EFFECTS QUITTING

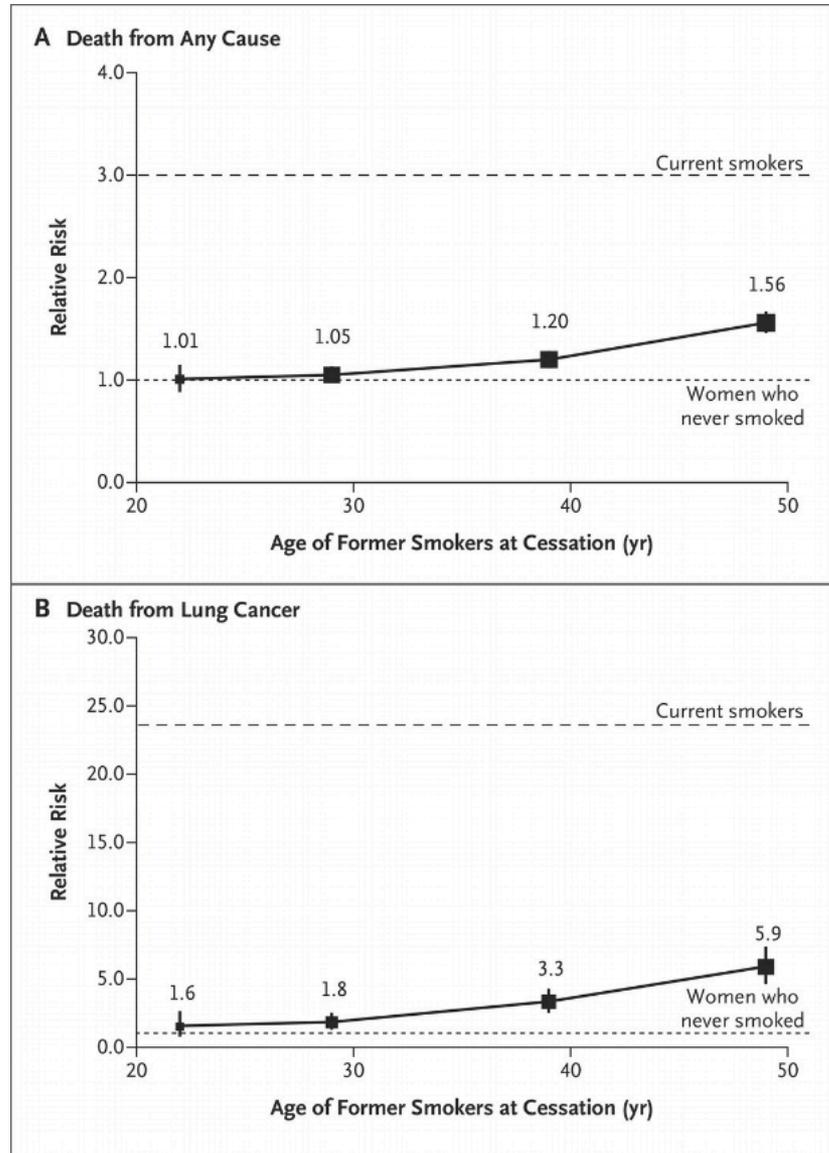


Figure 2. Benefits of Stopping Smoking at about 30, 40, or 50 Years of Age in the United Kingdom Million Women Study.

Shown are multivariate-adjusted relative risks of death among former smokers according to age at which they stopped and among current smokers. (Persons who never smoked had a relative risk of 1.0.) Both former smokers and current smokers had on average begun to smoke at 19 years of age, and the number of cigarettes smoked per day was similar in the two groups. Vertical bars represent 95% confidence intervals. Data are from Pirie et al.¹²