All forms of tobacco are harmful, and there is no safe level of exposure to tobacco. Cigarette smoking is the most common form of tobacco use worldwide. Other tobacco products include bidi, kreteks, cachets, beedi, snuff, chewing tobacco, smokeless tobacco products, roll-your-own tobacco, pipe tobacco, waterpipe tobacco and other newer tobacco products.

DISEASES CAUSED BY ALL FORMS OF TOBACCO

HEART ATTACK, STROKE, AND OTHER CARDIOVASCULAR DISEASES

Tobacco use and second-hand smoke exposure are major risk factors for cardiovascular disease, causing approximately 1 of every 3 deaths globally every year. Tobacco use is a leading cause of death from cardiovascular disease and other non-communicable diseases. It is responsible for approximately 20% of deaths from cardiovascular disease worldwide. Tobacco use by women is increasing in many countries.

Smoking tobacco products increases the risk of disease in the blood vessels of the heart (atherosclerosis) and reduces the blood's ability to flow smoothly, which can lead to heart attacks and strokes. In addition, tobacco smoke contains many chemicals that cause inflammation of the arteries, which can further reduce the flow of blood to the heart and brain. Smoking also increases the risk of heart failure, a condition in which the heart cannot pump enough blood to the body. Pregnant women who smoke have an increased risk of preterm birth and low birthweight. Children born preterm and with low birthweight are at increased risk of death and disability in adulthood. Smoking also increases the risk of cardiovascular disease in non-smokers. The risk for all-cause mortality among non-smokers is lower in countries with higher smoking prevalences.

RESCUES REDUCED LUNG FUNCTION, LOW BIRTHWEIGHT AND PRETERM DELIVERY

Some of the health risks from smoking are immediate, while others can take many years to develop. Smoking can cause immediate health effects, such as coughing, wheezing and phlegm production. Smoking can also cause long-term health effects, such as lung cancer and heart disease.

FETAL DEATH

Tobacco use can have serious consequences for the health of the developing fetus, including increased risk of miscarriage, stillbirth, low birthweight and preterm birth. Parental smoking during pregnancy is associated with a higher risk of fetal death and stillbirth. Parental smoking during pregnancy also increases the risk of respiratory and other infections in the newborn, and children born to smoking mothers are more likely to develop asthma.

RECOGNISE THE SYMPTOMS OF HEART ATTACK AND STROKE

Tobacco use is a major risk factor for heart disease and stroke. It increases the risk of heart disease and stroke by increasing the risk of heart attack and stroke, respectively. Heart attacks and strokes are among the leading causes of death worldwide. Tobacco use can also cause changes in the blood vessels that increase the risk of blood clots, which can lead to heart attacks and strokes.

DISEASES CAUSED BY CIGARETTE SMOKING

LUNG CANCER

Tobacco is the single largest preventable cause of cancer worldwide. Smoking cigarettes and other tobacco products can cause cancer of the lung, mouth, throat, esophagus, stomach, pancreas, kidney, bladder and cervix. Tobacco smoke contains many chemicals that are known to cause cancer, including asbestos, benzene, formaldehyde, toluene and polycyclic aromatic hydrocarbons. Tobacco smoke also contains many chemicals that are known to cause cancer in the mouth, throat, esophagus, stomach, pancreas, kidney, bladder and cervix.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Chronic obstructive pulmonary disease (COPD) is a preventable and treatable long-term lung disease that makes it hard to breathe. It is caused by chronic inflammation and damage to the lungs and airways, which can be triggered by tobacco smoke. COPD can be prevented by quitting smoking and other tobacco use, and treated by medications and lifestyle changes.

TUBERCULOSIS

Smoking increases the risk of developing tuberculosis (TB) and reduces the effectiveness of treatment. It also increases the risk of progression from latent to active TB, and increases the risk of disseminated TB, which is more severe and difficult to treat. Smoking is also associated with a higher risk of TB in certain populations, such as those with HIV infection.

OTHER RESPIRATORY ILLNESSES AND REDUCED LUNG FUNCTION

Smoking and second-hand smoke exposure can cause lung disease and can lead to respiratory problems, including chronic obstructive pulmonary disease (COPD), chronic bronchitis, and asthma. Smoking can also cause pneumonia, which is a common and often serious lung infection. Smoking can also cause respiratory tract infections, including bronchitis and pneumonia, which can lead to serious health problems, including respiratory failure.

TYPE 2 DIABETES

Smoking and second-hand smoke exposure can increase the risk of type 2 diabetes, which is a chronic disease that affects how your body uses sugar. Tobacco smoke contains many chemicals that can damage blood vessels and increase the risk of heart disease and stroke, which are the top causes of death in people with diabetes.

DIABETIC KETOACIDOSIS

Smoking and second-hand smoke exposure can increase the risk of diabetic ketoacidosis (DKA), a serious complication of diabetes that can be life-threatening. DKA is a medical emergency that requires immediate treatment. Smoking and second-hand smoke exposure can also increase the risk of other complications of diabetes, such as heart disease and stroke.

REDUCED FERTILITY IN MEN AND WOMEN

Smoking and second-hand smoke exposure can decrease fertility and increase the risk of infertility in both men and women. Smoking can cause damage to the reproductive system, including damage to the sperm and the fallopian tubes. Second-hand smoke exposure can also cause damage to the reproductive system, including damage to the sperm and the fallopian tubes.

ERECTILE DYSFUNCTION

Smoking and second-hand smoke exposure can increase the risk of erectile dysfunction (ED), which is a condition that makes it difficult or impossible to achieve or maintain an erection. Smoking and second-hand smoke exposure can also increase the risk of other sexual problems, such as premature ejaculation and decreased libido.

SUDDEN INFANT DEATH SYNDROME

Sudden infant death syndrome (SIDS) is the sudden, unexplained death of a child under the age of one year. Smoking and second-hand smoke exposure can increase the risk of SIDS, as well as increase the risk of other complications of smoking and second-hand smoke exposure, such as respiratory infections and sudden infant death syndrome (SIDS).

GASTROINTESTINAL DISEASES

Smoking and second-hand smoke exposure can increase the risk of gastrointestinal diseases, including distal esophageal varices, gastric ulcer, duodenal ulcer, and bowel obstruction. Smoking and second-hand smoke exposure can also increase the risk of other gastrointestinal diseases, such as gallbladder disease, pancreatitis, and bowel obstruction.

WEAKENED IMMUNE SYSTEM

Smoking and second-hand smoke exposure can weaken the immune system, making it more difficult for the body to fight off infections. Smoking and second-hand smoke exposure can also increase the risk of other infections, such as respiratory infections, skin infections, and eye infections.

SKIN DAMAGE

Smoking and second-hand smoke exposure can damage the skin, making it more susceptible to sunburn and premature aging. Smoking and second-hand smoke exposure can also increase the risk of other skin problems, such as eczema, psoriasis, and skin cancer.

BENEFITS OF QUITTING

It is never too late to quit. The cessation of tobacco use has the potential to reduce the risk of many of these diseases significantly and, in some cases, to reduce the risk to that of a person who has never smoked. For more information, please visit www.who.int/tobacco/en

+12 hours
+1 to 9 months
+5 years
+10 years

Your heart rate drops.
Your breath gets easier.
Your risk of heart disease drops.
Your lung function improves.

Your lung cancer risk is reduced by 50%.
Your risk of heart disease is reduced by 50%.
Your risk of stroke is reduced by 50%.
Your risk of developing diabetes, heart disease, stroke and other chronic diseases is reduced by 50%.

Your risk of chronic obstructive pulmonary disease (COPD) and other lung diseases is reduced.
Your risk of heart disease is reduced by 50%.
Your risk of stroke is reduced by 50%.
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