

### **Hurting Yourself**

- Smoking is an addiction. Tobacco smoke contains nicotine, a drug that is addictive and can make it very hard, but not impossible, to quit.
- More than 400,000 deaths in the US each year are from smoking-related illnesses. Smoking greatly increases your risks for lung cancer and many other cancers.

### **Hurting Others**

- Smoking harms not just the smoker, but also family members, co-workers and others who breathe the smoker's cigarette smoke, called secondhand smoke.
- Among infants to 18 months of age, secondhand smoke is associated with as many as 300,000 cases of bronchitis and pneumonia each year.
- Secondhand smoke from a patient's cigarette increases a child's chances for middle ear problems, causes coughing and wheezing, and worsen asthma conditions.
- If both parents smoke, a teenager is more than twice as likely to smoke than a young person whose parents are both non-smokers. In households where only one parent smokes, young people are also more likely to start smoking.
- Pregnant women who smoke are more likely to deliver babies whose weights are too low for the babies' good health. If all women quit smoking during pregnancy, about 4,000 new babies would not die each year.