

Sick of Illness

Smoking has more than 50 ways of making you sick through illness and more than 20 ways of killing you. In general, smokers endure poorer health than non-smokers. People whop are *Sick of Smoking* account for 8 million consultations with GPs and over 7 million prescriptions each year.

Non-lethal illness

Smokers face a higher risk than non-smokers for a wide variety of illnesses, many of which may be fatal (see "Deaths caused by smoking" below).

Acute necrotizing ulcerative gingivitis (gum disease) Angina (20 x risk) Buerger's Disease (severe circulatory disease) Duodenal ulcer Cataract (2 x risk) Colon Polyps Crohn's Disease (chronic inflamed bowel) Diabettes (Type 2, non-insulin dependent) Ligament injuries Perioto Neuropathy (loss of vision, 16 x risk) Optic Neuropathy (loss of vision) Ligament injuries Touth (oss of vision) Function impaired in smokers Ejaculation (volume reduced) Fertility (30% lower in women) Menopause (onset 1.74 years early on bisease more severe or persistent in smokers Disease (chronic inflamed bowel) Symptoms Optic Neuropathy (loss of vision) Sperm sount reduced Fertility (30% lower in women) Disease more severe or persistent in smokers Disease (chronic inflamed bowel) Disease more severe or persistent in smokers Influenza Disease (chronic inflamed bowel) Disease (chronic inflamed bowel) Disease more severe or persistent in smokers Tuberculosis Disease (chronic inflamed bowel) Disease more severe or persistent in smokers Tuberculosis Disease (chronic inflamed bowel) Tuberculosis Disease (chronic inflamed bowel) Tuberculosis	Increased risk of sickness for smokers		
Back pain Nystagmus (abnormal eye movements) Buerger's Disease (severe circulatory disease) Duodenal ulcer Osteoporosis (in both sexes) Cataract (2 x risk) Osteoarthritis Cataract, posterior subcapsular (3 x risk) Penis (inability to have an erection) Colon Polyps Peripheral vascular disease Crohn's Disease (chronic inflamed bowel) Pneumonia Depression Psoriasis (2 x risk) Diabetes (Type 2, non-insulin dependent) Skin wrinkling (2 x risk) Hearing loss Stomach ulcer Influenza Rheumatoid arthritis (for heavy smokers)[5] Impotence (2 x risk) Tendon injuries Optic Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Sperm motility impaired Immune System (impaired) Sperm shape abnormalities increased Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Disease more severe or persistent in smokers Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis		Muscle injuries	
Buerger's Disease (severe circulatory disease) Duodenal ulcer Cataract (2 x risk) Cotaract, posterior subcapsular (3 x risk) Colon Polyps Crohn's Disease (chronic inflamed bowel) Diabetes (Type 2, non-insulin dependent) Impotence (2 x risk) Cotion Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Ligament injuries Macular degeneration (eyes, 2 x risk) Tobacco Amblyopia (loss of vision) Fertility (30% lower in women) Immune System (impaired) Symptoms worse in smokers Symptoms worse in smokers Common cold Pneumonia Osteoaporrosis (in both sexes) Osteoaptrosis (in both sexes) Peripheral vascular disease Stomach ulcer Trendon injuries Tooth loss Tooth loss Tooth loss Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Sperm count reduced Fertility (30% lower in women) Sperm motility impaired Menopause (onset 1.74 years early on average) Opermoses of ismokers Asthma Graves' disease (over-active thyroid gland) Multiple Sclerosis Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Tuberculosis	Angina (20 x risk)	Neck pain	
disease) Duodenal ulcer Cataract (2 x risk) Cataract, posterior subcapsular (3 x risk) Colon Polyps Crohn's Disease (chronic inflamed bowel) Depression Depression Diabetes (Type 2, non-insulin dependent) Hearing loss Influenza Rheumatoid arthritis (for heavy smokers) Tendon injuries Optic Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Fertility (30% lower in women) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Chronic rhinitis (chronic inflammation of the nose) Disease more severe or persistent in smokers Common cold Pneumonia Cobacco Amblyopia (loss of vision) Tobacco Amblyopia (loss of	Back pain	Nystagmus (abnormal eye movements)	
Cataract (2 x risk) Cataract, posterior subcapsular (3 x risk) Penis (inability to have an erection) Colon Polyps Peripheral vascular disease Crohn's Disease (chronic inflamed bowel) Pneumonia Depression Psoriasis (2 x risk) Diabetes (Type 2, non-insulin dependent) Hearing loss Stomach ulcer Rheumatoid arthritis (for heavy smokers)[5] Impotence (2 x risk) Optic Neuropathy (loss of vision, 16 x risk) Ligament injuries Tooth loss Function impaired in smokers Ejaculation (volume reduced) Fertility (30% lower in women) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuripathy (loss) Optic Neuropathy (loss of vision, 16 x risk) Tooth loss Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Sperm count reduced Sperm less able to penetrate the ovum Sperm shape abnormalities increased Asthma Graves' disease (over-active thyroid gland) Multiple Sclerosis Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Tuberculosis		Ocular Histoplasmosis (fungal eye infection)	
Cataract, posterior subcapsular (3 x risk) Colon Polyps Peripheral vascular disease Crohn's Disease (chronic inflamed bowel) Pepression Pepression Pesoriasis (2 x risk) Diabetes (Type 2, non-insulin dependent) Rearing loss Influenza Rheumatoid arthritis (for heavy smokers)[5] Impotence (2 x risk) Optic Neuropathy (loss of vision, 16 x risk) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Tooth loss Tuberculosis Function impaired in smokers Function impaired in smokers Sperm count reduced Sperm motility impaired Sperm motility impaired Sperm less able to penetrate the ovum Sperm shape abnormalities increased Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Tuberculosis	Duodenal ulcer	Osteoporosis (in both sexes)	
Colon Polyps Peripheral vascular disease Crohn's Disease (chronic inflamed bowel) Pneumonia Depression Psoriasis (2 x risk) Diabetes (Type 2, non-insulin dependent) Skin wrinkling (2 x risk) Hearing loss Stomach ulcer Influenza Rheumatoid arthritis (for heavy smokers)[5] Impotence (2 x risk) Tendon injuries Optic Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Sperm motility impaired Immune System (impaired) Sperm less able to penetrate the ovum Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis	Cataract (2 x risk)	Osteoarthritis	
Crohn's Disease (chronic inflamed bowel) Depression Depression Psoriasis (2 x risk) Diabetes (Type 2, non-insulin dependent) Hearing loss Influenza Rheumatoid arthritis (for heavy smokers)[5] Impotence (2 x risk) Optic Neuropathy (loss of vision, 16 x risk) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Cataract, posterior subcapsular (3 x risk)	Penis (inability to have an erection)	
Depression Psoriasis (2 x risk) Diabetes (Type 2, non-insulin dependent) Skin wrinkling (2 x risk) Hearing loss Stomach ulcer Influenza Rheumatoid arthritis (for heavy smokers)[5] Impotence (2 x risk) Tendon injuries Optic Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Sperm motility impaired Immune System (impaired) Sperm less able to penetrate the ovum Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Tuberculosis	Colon Polyps	Peripheral vascular disease	
Diabetes (Type 2, non-insulin dependent) Hearing loss Stomach ulcer Rheumatoid arthritis (for heavy smokers) [5] Impotence (2 x risk) Optic Neuropathy (loss of vision, 16 x risk) Ligament injuries Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Crohn's Disease (chronic inflamed bowel)	Pneumonia	
Hearing loss Stomach ulcer Influenza Rheumatoid arthritis (for heavy smokers) [5] Impotence (2 x risk) Tendon injuries Optic Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Sperm motility impaired Immune System (impaired) Sperm less able to penetrate the ovum Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis	Depression	Psoriasis (2 x risk)	
Influenza Rheumatoid arthritis (for heavy smokers) [5] Impotence (2 x risk) Tendon injuries Optic Neuropathy (loss of vision, 16 x risk) Tobacco Amblyopia (loss of vision) Ligament injuries Tooth loss Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Sperm motility impaired Immune System (impaired) Sperm less able to penetrate the ovum Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis	Diabetes (Type 2, non-insulin dependent)	Skin wrinkling (2 x risk)	
Impotence (2 x risk) Optic Neuropathy (loss of vision, 16 x risk) Ligament injuries Macular degeneration (eyes, 2 x risk) Function impaired in smokers Ejaculation (volume reduced) Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Hearing loss	Stomach ulcer	
Optic Neuropathy (loss of vision, 16 x risk) Ligament injuries Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Influenza	Rheumatoid arthritis (for heavy smokers)[5]	
Ligament injuries Macular degeneration (eyes, 2 x risk) Tuberculosis Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Impotence (2 x risk)	Tendon injuries	
Function impaired in smokers Ejaculation (volume reduced) Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Optic Neuropathy (loss of vision, 16 x risk)	Tobacco Amblyopia (loss of vision)	
Function impaired in smokers Ejaculation (volume reduced) Sperm count reduced Fertility (30% lower in women) Sperm motility impaired Immune System (impaired) Sperm less able to penetrate the ovum Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis	Ligament injuries	Tooth loss	
Ejaculation (volume reduced) Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Sperm count reduced Sperm motility impaired Sperm hest able to penetrate the ovum Sperm shape abnormalities increased Optro Sperm shape abnormalities increased Sperm shape abnormalities increased Optro Sperm shape abnormalities increa	,		
Fertility (30% lower in women) Immune System (impaired) Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Sperm motility impaired Sperm less able to penetrate the ovum Sperm shape abnormalities increased Multiple Sclerosis Optic Neuritis (eyes) Pneumonia Tuberculosis	Function impaired in smokers		
Immune System (impaired) Sperm less able to penetrate the ovum Menopause (onset 1.74 years early on average) Sperm shape abnormalities increased Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Multiple Sclerosis Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis	Ejaculation (volume reduced)	Sperm count reduced	
Menopause (onset 1.74 years early on average) Symptoms worse in smokers Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Fertility (30% lower in women)	Sperm motility impaired	
Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis		Sperm less able to penetrate the ovum	
Asthma Graves' disease (over-active thyroid gland) Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Graves' disease (over-active thyroid gland) Multiple Sclerosis Optic Neuritis (eyes) Pneumonia Tuberculosis		Sperm shape abnormalities increased	
Chronic rhinitis (chronic inflammation of the nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Symptoms worse in smokers		
nose) Diabetic retinopathy (eyes) Optic Neuritis (eyes) Disease more severe or persistent in smokers Common cold Crohn's Disease (chronic inflamed bowel) Tuberculosis	Asthma	Graves' disease (over-active thyroid gland)	
Disease more severe or persistent in smokers Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis	· ·	Multiple Sclerosis	
Common cold Pneumonia Crohn's Disease (chronic inflamed bowel) Tuberculosis	Diabetic retinopathy (eyes)	Optic Neuritis (eyes)	
Crohn's Disease (chronic inflamed bowel) Tuberculosis	Disease more severe or persistent in smokers		
,	Common cold	Pneumonia	
Influenza	Crohn's Disease (chronic inflamed bowel)	Tuberculosis	
	Influenza		

Deaths caused by smoking are six times higher than deaths arising from: road accidents (3,444); poisoning and overdose (2,663); other accidental deaths (8,986); murder and manslaughter (503); suicide (4,379); and HIV infection (195) added together!

Sick of Passive Smoking

Passive smoking causes death and disease.

Second hand smoke is the main cause of indoor air pollution. At least one thousand people are estimated to die each year in the UK as the result of exposure to other people's tobacco smoke.

Exposure to second hand smoke increases the risk of lung cancer by 20-30% and the risk of coronary heart disease by 25-35%.

Passive smoking increases the risk of stroke by 80% in non-smoking partners of smokers.

Passive Smoking and Children

Children are at particular risk from passive smoking. In the UK today approximately 42% of children and 21% of non-smoking adults live in a household where at least one person smokes.

Exposure to second-hand smoke during pregnancy is linked to low birth weight. The greater the exposure, the greater the risk of a low birth weight baby. Passive smoking has also been found to increase the risk of giving birth prematurely and to leukaemia-associated genetic alterations in the foetus.

Passive smoking is a cause of cot death (sudden infant death syndrome or SIDS).

Each year over 17,000 children under the age of five are admitted to hospital because of the effects of passive smoking.

Children exposed to smoking at home are twice as likely to suffer from asthma or bronchitis and have a far higher absence rate from school as a result of illness,

Children of smoking parents are three times as likely to become smokers.

Passive Smoking and the Workplace

The economic costs of passive smoking in the workplace are considerable. They include increased levels of absenteeism through illness and reduced productivity.

Exposure to second hand smoke in the workplace is linked to work disability caused by respiratory conditions, especially adult asthma.

Sick of Sexual Problems

Women who smoke may have decreased fertility. Smokers are 3 times more likely than non-smokers to take more than one year to conceive.

The quality of sperm in men who smoke is less than non-smokers. It's density is decreased, individual sperm are more likely to be deformed and they find it harder to penetrate the woman's egg.

120,000 men in the UK are impotent as a consequence of smoking. 40% of impotent men are smokers compared to 28% of the general population.

Sick of Smoking and Pregnancy

Almost one third of pregnant women in the UK smoke.

For younger women, smoking and the use of oral contraceptives increases the risk of a heart attack, stroke or other cardiovascular disease tenfold.

Babies born to women who smoke are on average 200 grams (8ozs) lighter than babie bron to non-smoking mothers.

The risk of miscarriage is substantially higher in women who smoke.

365 cots death a year in England and Wales are attributable to the mother smoking during pregnancy.

Sick of Spending

A 20 a day smokers spends approximately £1,600 on cigarettes a year.

The cost of smoking related absenteeism to industry in the UK is approximately £3 billion.

The cost to the NHS of treating diseases causes by smoking is approximately £1.5 billion a year. This excludes the costs of paying benefits to those suffering from smoking related disease and the dependants of those who die as a result of smoking.

The Treasury earned £9,510 million in revenue from tobacco tax for the financial year 2000-2001.

The price of a pack of 20 premium brand cigarettes currently costs £4.40 of which £3.51 is tax

Imperial Tobacco and Gallaher control about 80% of the UK market. In 2001 they reported operatin profits of £604 million on £446 million respectively.

Sick of Smoking related fire

Discarded smokers materials cause 9% of house fires.

Smoking causes 12% of accidental fires in the workplace.

41% of house fire deaths (132) in 1999 were from fires started by smoking related materials. Smoking related materials were the most frequent cause of house fire resulting in death.

Sick of Looking bad?

Smokers have 2-3 times more chance of developing psoriasis, a chronic skin condition that can be extremely uncomfortable and disfiguring.

The more a person smokes the more likely they are to experience premature wrinkling. Smokers in their 40s often have as many facial wrinkles as a non-smoker in their 60s.

Puckering the mouth and sucking in the cheeks can also cause a long time smoker to appear gaunt. with wrinkled lips.

Smokers are more likely to store fat around the waist and upper torso than the hips.

The average weight gain when stopping smoking is approximately 2-3 kilos.