

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 who 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).

| Increased risk of sickness for smokers | |
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| Acute necrotizing ulcerative gingivitis (gum disease) | Muscle injuries |
| Angina (20 x risk) | Neck pain |
| Back pain | Nystagmus (abnormal eye movements) |
| Buerger's Disease (severe circulatory disease) | Ocular Histoplasmosis (fungal eye infection) |
| 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 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 |
| 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 babies born to non-smoking mothers.

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

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

Sick of Spending

A 20 a day smoker 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 caused 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 operating 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.