** 10 Health Risks from Smoking:**

1. About 80% of Lung Cancers are caused by smoking.
2. Smoking is a major cause of Strokes—Blood clot in the brain.
3. Smoking damages the airways in the lungs, leading to Emphysema and Chronic Bronchitis (COPD).
4. Smoking causes Cancers of the Mouth, Nose, Throat, and Esophagus.
5. Smoking increases the risk of Osteoporosis.
6. Smoking decreases the body’s ability to fight off Infection.
7. Smokers Cough and Wheeze more than nonsmokers, leading to higher risk of Pneumonia.
8. Smoking increases the risk for Type 2 Diabetes
9. Smoking can lead to Cancers of the Stomach, Bladder, and Pancreas.
10. Smoking hardens the arteries, which increases

the risk of Heart Attack.

References: [www.CDC.gov/tobacco](http://www.CDC.gov/tobacco)

www.smokefree.gov