

# HEALTH CONSEQUENCES OF SMOKING CIGARETTES, CIGARS AND PIPES

## Quick Facts

- Tobacco use is considered the single most significant cause of preventable morbidity (disease) and mortality (death) in Canada and in most other developed countries.<sup>1</sup>
- Smoking causes lung cancer and cancers of the mouth, pharynx (throat), larynx (voice box) and esophagus.<sup>2,3,4</sup>
- Smoking is a contributing cause of cancers of the bladder, kidney, and pancreas.<sup>2,5</sup>
- An estimated 18,347 Canadians died from tobacco-related cancers in 1998.<sup>6</sup>
- In 1998, 2,591 individuals in the prairie provinces died from tobacco-related cancers.<sup>6</sup>
- Smoking causes respiratory diseases, including chronic obstructive pulmonary disease (COPD).<sup>7</sup>
- An estimated 10,618 Canadians died from tobacco-related respiratory diseases in 1998.<sup>6</sup>
- In 1998, 1,714 individuals in the prairie provinces died from tobacco-related respiratory diseases.<sup>6</sup>
- Smoking causes cardiovascular diseases, including ischemic heart disease, stroke and diseases of the blood vessels.<sup>2,8-12</sup>
- An estimated 17,413 Canadians died from tobacco-related cardiovascular diseases in 1998.<sup>6</sup>
- In 1998, 3,170 individuals in the prairie provinces died from tobacco-related cardiovascular diseases.<sup>6</sup>
- Switching to “light” cigarettes does not lower the risk of tobacco-related disease.<sup>13</sup>
- Light cigarettes can yield levels of tar, nicotine and carbon monoxide that are much higher than the levels recorded on the sides of the cigarette packages.<sup>14</sup>