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New Surgeon General's Report Expands List of Diseases Caused by Smoking

By Martin Popham

U.S. Surgeon General Richard H. Carmona today released a new comprehensive report on smoking and health, revealing for the first time that smoking causes diseases in nearly every organ of the body. Published 40 years after the surgeon general's first report on smoking — which concluded that smoking was a definite cause of three serious diseases — this newest report finds that cigarette smoking is conclusively linked to diseases such as leukemia, cataracts, pneumonia and cancers of the cervix, kidney, pancreas and stomach.

"We've known for decades that smoking is bad for your health, but this report shows that it's even worse than we knew," Dr. Carmona said. "The toxins from cigarette smoke go everywhere the blood flows. I'm hoping this new information will help motivate people to quit smoking and convince young people not to start in the first place."

According to the report, smoking kills an estimated 440,000 Americans each year. On average, men who smoke cut their lives short by 13.2 years, and female smokers lose 14.5 years. The economic toll exceeds \$157 billion each year in the United States — \$75 billion in direct medical costs and \$82 billion in lost productivity.

"We need to cut smoking in this country and around the world," HHS Secretary Tommy G. Thompson said. "Smoking is the leading preventable cause of death and disease, costing us too many lives, too many dollars and too many tears. If we are going to be serious about improving health and preventing disease we must continue to drive down tobacco use. And we must prevent our youth from taking up this dangerous habit."

In 1964, the Surgeon General's report announced medical research showing that smoking was a definite cause of cancers of the lung and larynx (voice box) in men and chronic bronchitis in both men and women. Later reports concluded that smoking causes a number of other diseases such as cancers of the bladder, oesophagus, mouth and throat; cardiovascular diseases; and reproductive effects. Today's new report, *The Health Consequences of Smoking: A Report of the Surgeon General*, expands the list of illness and conditions linked to smoking. The new illnesses and diseases are cataracts, pneumonia, acute myeloid leukemia, abdominal aortic aneurysm, stomach cancer, pancreatic cancer, cervical cancer, kidney cancer and periodontitis.

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Statistics indicate that more than 12 million Americans have died from smoking since the 1964 report of the surgeon general, and another 25 million Americans alive today will most likely die of a smoking-related illness.

The report's release comes in advance of World No Tobacco Day, an annual event on May 31 that focuses global attention on the health hazards of tobacco use. The goals of World No Tobacco Day are to raise awareness about the dangers of tobacco use, encourage people not to use tobacco, motivate users to quit and encourage countries to implement comprehensive tobacco control programs.

The report concludes that smoking reduces the overall health of smokers, contributing to such conditions as hip fractures, complications from diabetes, increased wound infections following surgery,

and a wide range of reproductive complications. For every premature death caused each year by smoking, there are at least 20 smokers living with a serious smoking-related illness.

Another major conclusion, consistent with recent findings of other scientific studies, is that smoking so-called low-tar or low-nicotine cigarettes does not offer a health benefit over smoking regular or "full-flavor" cigarettes.

"There is no safe cigarette, whether it is called 'light,' ultra-light,' or any other name," Dr. Carmona said. "The science is clear: the only way to avoid the health hazards of smoking is to quit completely or to never start smoking."

The report concludes that quitting smoking has immediate and long-term benefits, reducing risks for diseases caused by smoking and improving health in general. "Within minutes and hours after smokers inhale that last cigarette, their bodies begin a series of changes that continue for years," Dr. Carmona said. "Among these health improvements are a drop in heart rate, improved circulation, and reduced risk of heart attack, lung cancer and stroke. By quitting smoking today a smoker can assure a healthier tomorrow."

Dr. Carmona said it is never too late to stop smoking. Quitting smoking at age 65 or older reduces by nearly 50 percent a person's risk of dying of a smoking-related disease.

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offers

stop smoking hypnosis

information and a CD.

Why People Relapse After Quitting?

New Surgeon General's Report Expands List of Diseases Caused by Smoking

By Ashish Jain

If you have a weak frontier (not well protected) and a strong enemy on the other side, what happens? There will be repeated wars and in every war you will lose. The only alternative for you is to strengthen your frontiers and arm yourself with the latest techniques to win the battle.

In all probability, the enemy being sure of your strength will not attack you and if he does, you can confidently beat him back.

The habit of smoking is somewhat similar. You relapse to smoking after quitting because you do not have strong mental defense to beat back the cravings of the all-powerful nicotine which has the backing of 4000 poisonous bodyguards, 40 of them cancer causing!

Smoking is the greatest threat to health, wealth and welfare of you and your family members. It is responsible for millions of deaths all over the world and for thousands of hospitals being constructed to treat the cancer patients! In reality, it is a good for nothing investment!

I don't tell you that it is easy to quit smoking. Howsoever hard though, it is worth the serious try, until you finally give it up. If somebody is threatening to kill you, don't you react? Try once, try twice— let the habit relapse. Don't give it up. One day with a beaming smile, you will announce to all concerned, "I have quit smoking forever." I will be beside you and will be the first one to applaud you to my heart's content.

Don't you wish to live longer? There is no doubt that each cigarette shortens your life. Why do you wish to extend a cordial invitation to cancer and heart attacks? Work hard to quit smoking from today. You don't deserve such deadly diseases. Even if you survive, such diseases will cause you great anguish and pain.

Think over. You know the damages caused by indirect smoking. What right you have got to create a polluted atmosphere in your house and cause damage to the health of your family members? Have you ever calculated how much money you will save, if you stop smoking?

Don't take an alarming view of the relapse. Don't do self-condemnation. You have tried hard in the past. Concentrate, what made you smoke again. Try to analyze that point and redraw your strategy.

You are bound to succeed. Doubt it not!

<http://www.stop-smoking-updates.com/quitsmoking/>

& Quit Smoking provides detailed information

on stop smoking, how to stop smoking, anti smoking, quit smoking and more.



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