



MARK L. ENGEL, M.D.
RONALD D. KLUG, M.D.
JASON I. STEINFELD, M.D.
ARTHUR L. SIEGEL, O.D.
733 NORTH BEERS STREET
HOLMDEL, NEW JERSEY 07733
732-739-0707

Things You Didn't Know About Smoking

1. Every day, over 1,200 people die from smoking.
That's 443,000 people per year.
2. Cigarette smoking accounts for at least 30% of all cancer deaths.
3. Smoking causes cancers of the lung, voice box (larynx), mouth, throat, bladder, and esophagus. Smoking is also linked to cancers of the pancreas, cervix, kidney, stomach, and some leukemias.
4. Smokers are about six times more likely to die from a heart attack as non-smokers.
5. Each day in the US, about 3,900 young people between the ages of 12 and 17 smoke their first cigarette. Each day about 1,000 young people become daily smokers.
6. Babies born to women who smoke during pregnancy have about 30% higher odds of being born prematurely and are more likely to be born with low birth weight. They are also more likely to die of Sudden Infant Death Syndrome (SIDS).
7. Every year in the United States, premature deaths from smoking rob a total of more than five million years from the potential lifespan of those who have died.
8. Tobacco use in adolescence is associated with many other health risk behaviors, including high-risk sexual behavior and use of alcohol or other drugs.
9. In the United States the amount spent on cigarette advertising and promotion by the five largest cigarette companies was over \$12 billion.
10. A pack of cigarettes cost about 5 cents to make, yet most smokers spend well over \$6 per pack.