



## Tobacco use and health risk

Tobacco use is responsible for more than 8 million deaths each year worldwide, making it one of the leading causes of preventable deaths, including both active smokers and those exposed to secondhand smoke.

- About 85% of **lung cancer** cases are directly attributed to smoking.
- Smokers are 2 to 4 times more likely to have a **heart attack or stroke** than nonsmokers.
- Over 16 million Americans are living with a disease caused by smoking.
- Each year, an estimated **41,000 nonsmoking adults and 400 infants die** in the United States due to exposure to secondhand smoke.

Cigarettes, however, are not the only type of tobacco that can carry a health risk.

- Smokeless tobacco, such as chewing tobacco and snuff, increases the risk of **oral cancer**, including cancers of the mouth, lips, tongue and throat. These cancers can be aggressive and hard to treat.
- Smokeless tobacco can lead to **tooth decay, gum disease and permanent mouth damage**, including tooth loss.
- **Vaping is not safe, either.** Individuals who vape carry similar cardiovascular and respiratory risks to those who smoke cigarettes. E-cigarettes can contain harmful chemicals, and the long-term health effects are not fully understood.

Quitting smoking and reducing exposure to secondhand smoke can significantly improve health outcomes and reduce the burden of diseases related to tobacco use.