

Quit Smoking - For Your Health's Sake

In the US it is estimated that 30% of the 570,000 cancer deaths in 2005 were caused by smoking.

In the UK smoking kills approx. 114,000 per year or 300 per day which equates to 20% of deaths.

Smoking is the leading preventable cause of death in the US , UK & Australia.

Approx. 45.4 million Americans are addicted to tobacco, 1 in 4 adults & 1 in 5 teens are smokers.

In the UK smoking causes 80% of all lung cancers & 80% of all deaths from bronchitis & emphysema. 17% of deaths by heart disease are due to smoking. & 17% of cancer deaths are related to smoking.

In Australia 20% of all deaths & 80% of lung cancers are caused by smoking.

Smokers who smoke between 1 & 14 cigarettes a day are 8 times more likely to die from lung cancer. Smokers who smoke 25 or more a day are 25 times more likely to die from lung cancer.

1 in 2 lifetime smokers will die from their habit & half of these in middle age.

If you are not convinced to quit smoking by the statistics above then maybe if you knew how your smoking affected others, including your children, you might just change your mind.

Approx 4000 deaths per year from heart disease in the US are due to secondary or passive smoking.

Approx 3000 lung cancer deaths are caused by passive smoking.

Children of smokers are at increased risk from asthma attacks, sudden infant death syndrome & middle ear infections.

Pregnant women exposed to smoking are likely to have babies with lower weights.

Children exposed to smoking are more likely to suffer from respiratory infections and have slower developing lungs.

More than 17,000 children under the age of five are admitted to hospital in the UK every year due to the effects of passive smoking.

So even if you can't give up for yourself, how about for those around you AND especially your children.

Giving up smoking is one of the most beneficial things you can do. Unfortunately the insidious nature of nicotine addiction makes giving up smoking one of the most difficult things you can do. In fact in the UK the Royal College of Physicians concluded in a report that nicotine addiction is as addictive as drugs such as heroin & cocaine.

However there is some good news, 46 Million Americans are former smokers.

Source: <http://www.articlecircle.com>

About the Author

John Mac is owner & author of <http://www.fitnessdiethealth.com> a website aimed at people looking to improve their fitness, diet & health.