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What You Need to Know About Smoking
Great American Smokeout® Fact Sheet #1

The Facts

- More than 11,000 Georgians die each year from tobacco-related diseases.
- Cigarette smoking is the leading preventable cause of death in Georgia.
- Nearly 1 in 4 people smoke.

Nicotine

- Nicotine is the drug that causes addiction and is found in substantial amounts in all forms of tobacco.
- Several studies have found nicotine to be as addictive as heroine, cocaine or alcohol.
- Nicotine is absorbed readily from tobacco smoke in the lungs and from smokeless tobacco in the mouth or nose and spreads rapidly through the body.

Health Effects of Smoking

- Nearly 1 in every 6 deaths is related to smoking in Georgia.
- Cigarettes kill more Georgians than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined.
- Smoking causes about 87 percent of all lung cancer cases in Georgia.
- Cigarette smoking is a major cause of cancers of the lung, larynx, oral cavity, throat, and esophagus; and is a contributing cause in the development of cancers of the bladder, pancreas, liver, uterine cervix, kidney, stomach, colon, rectum and some leukemias.
- Smoking also is a major cause of heart disease and stroke.
- Tobacco has a damaging effect on women's reproductive health and is associated with increased risk of miscarriage, early delivery, stillbirth, and sudden infant death syndrome (SIDS) and is a cause of low-birth weight in infants.
- Smoking is associated with reduced fertility.

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For information about the American Cancer Society's Great American Smokeout®,
www.greatamericansmokeout.org. *Georgia Tobacco Quit Line and Live Healthy Georgia Campaign*
<http://health.state.ga.us/healthtopics/lhg.asp> . *Georgia Smoke Free Air Act,*
<http://dhr.georgia.gov/gasmokefreeair>

Sources: American Cancer Society and the Georgia Department of Human Resources