



LOGAN COUNTY
DEPARTMENT OF PUBLIC HEALTH

109 Third Street, P.O. Box 508
Lincoln, Illinois 62656
Phone 217-735-2317
Fax 217-732-6943
WWW.LCDPH.ORG

Public Health
Prevent · Promote · Protect

Press Release

Contact: Kara Davis
Phone: (217) 735-2317

FOR IMMEDIATE RELEASE
November 7, 2023

HEALTH DEPARTMENT STRESSES DANGER OF TOBACCO USE DURING LUNG CANCER AWARENESS MONTH

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking kills more than 480,000 Americans each year and remains the leading cause of preventable disease. In 2021, it is estimated that 28.3 million U.S. adults smoked cigarettes or 11.5% of the population. Cigarette smoke consists of a toxic mix of over 7,000 chemicals which can damage the body's DNA which is vital for normal cell growth and function. Poison in cigarette smoke can also weaken the body's immune system making it harder to fend off diseases including cancer cells.

So, what are some of the "preventable diseases" that people who smoke can prevent if they choose not to smoke? Here are some of the facts:

- Smoking is the leading cause of lung cancer. In fact, more than 7,300 non-smokers per year in the U.S. die from lung cancer caused by secondhand smoke. Smoking can also cause cancer almost anywhere in the body. This includes, but is not limited to, the bladder, rectum, colon, esophagus, kidneys, liver, mouth, throat, and pancreas.

~ MORE ~

- People who smoke cigarettes are 30-40% more likely to develop type 2 diabetes than non-smokers. In addition, people with diabetes who smoke may likely have more trouble managing their condition. Diabetes negatively impacts how your body turns food into energy and, over time, can lead to serious health problems such as heart disease, vision loss, kidney disease, poor blood flow, and nerve damage.
- Smoking can cause Buerger's disease which can lead to swelling in the blood vessels. This occurs most commonly in the arms and legs which can prevent blood circulation thus causing clots to form. According to the CDC, almost everyone diagnosed with Buerger's disease smokes cigarettes or is a user of other forms of tobacco such as cigars or chewing tobacco.
- Smoking can lead to chronic lower respiratory disease, primarily COPD, which was the fourth leading cause of death in the U.S. in 2018. COPD refers to a group of diseases that cause airflow blockage and breathing-related issues which includes emphysema and chronic bronchitis. Secondhand smoke is also a major contributor to COPD as 1 out of 4 Americans with COPD never smoked cigarettes. People with COPD are more likely to have other chronic diseases such as arthritis, congestive heart failure, coronary disease, stroke, and asthma.

These are just a few areas in which smoking can impact the human body. Smoking can also trigger asthma, lead to gum disease, and eye disorders such as macular degeneration and cataracts. People with HIV who smoke are more likely to get HIV-related infections than those who do not smoke. Pregnant women who smoke are placing their unborn child at risk for birth defects, undeveloped lungs, and brain, as well as increased risk of sudden infant death syndrome or SIDS.

Not only smoking, but the use of other tobacco and vaping products can lead to poor health. In addition, secondhand smoke is a major cause of multiple health issues for young and

old alike. Parents should talk to their children about the dangers of tobacco. To learn more about smoking and the dangers of tobacco, go to <https://www.cdc.gov/tobacco/index.htm>. You can also call the Logan County Department of Public Health at 217-735-2317 or visit their website at WWW.LCDPH.ORG for more information.

Information Source: CDC

-End-