## Effects of smoking on an individual's health

Smoking cigarettes has the potential to cause immediate and long-term physiological damage: compromising quality of life and life expectancy. The overall health effects of smoking cigarettes can lead to a wide range of poor bodily functions, immunodeficiency, and death. See health effects below.

### Health effects of smoke exposure

<table>
<thead>
<tr>
<th>Adult Individuals</th>
<th>Men and Women</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cancers such as lung, mouth, throat</td>
<td>Compromised bone, teeth and gum health</td>
<td>Becoming pregnant may be more difficult</td>
</tr>
<tr>
<td></td>
<td>Cardiovascular diseases such as strokes and COPD (Chronic Obstructive Pulmonary Disease)</td>
<td>Increased risk for cataracts and macular degeneration</td>
<td>Can affect child’s health before and after birth</td>
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<tr>
<td></td>
<td>Type II diabetes risk increases up to 40%</td>
<td>Increased inflammation and decreased immune function</td>
<td>Risk increases for preterm delivery</td>
</tr>
</tbody>
</table>

Secondhand smoke: Since 1964, when the first Surgeon General’s Report on Smoking was released, over 2.5 million non-smokers have died due to secondhand smoke exposure².

For smoke exposure to children: See smoking effects on populations [1].

The financial cost [2] for someone who smokes a half pack (10 cigarettes) per day at $10/pack has spent $27,375 over a 15 year period ($150/mo. and $1,825/yr.)³.

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2. 


3. 

*Cost of smoking calculator*[2].

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**Source URL:** https://5as.ucsf.edu/article/effects-smoking-individuals-health

**Links**

[1] https://5as.ucsf.edu/article/effects-populations  