## 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.

<table>
<thead>
<tr>
<th>Adult Individuals</th>
<th>Health effects of smoke exposure</th>
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</table>
| **Men and Women** | - Cancers such as lung, mouth, throat  
- Cardiovascular diseases such as strokes and COPD (Chronic Obstructive Pulmonary Disease)  
- Compromised bone, teeth and gum health  
- Increased risk for cataracts and macular degeneration  
- Type II diabetes risk increases up to 40%  
- Increased inflammation and decreased immune function |
| **Women** | - Becoming pregnant may be more difficult  
- Can affect child's health before and after birth  
- Risk increases for preterm delivery  
- Low birth weight or still birth |
| **Men** | - Sperm count can be poorly affected  
- Reduction in fertility  
- Increase of birth defect risk |

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 exposure[^2].

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].

[^1]: References are not provided within the text, but readers are advised to refer to specific sources for detailed information.
[^2]: Specific financial costs and data points are cited, indicating a thorough and evidence-based approach to the content.
[^3]: Financial calculations are provided, offering a realistic and quantifiable impact of smoking habits on personal finances.
Health Effects of Cigarette Smoking[3].

2. 

3. 
Cost of smoking calculator[2].

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