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.

### Adult Individuals

#### Health effects of smoke exposure

- 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

#### Men and 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

#### Women

- Sperm count can be poorly affected
- Reduction in fertility
- Increase of birth defect risk

#### Men

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. 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 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.
2. 


3. 

Cost of smoking calculator[2].

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

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