Research Report: Effects of smoking

# Wikipedia Summary

Tobacco products, especially when smoked or used orally, have serious negative effects on human health. Smoking and smokeless tobacco use are the single greatest causes of preventable death globally. Half of tobacco users die from complications related to such use. Current smokers are estimated to die an average of 10 years earlier than non-smokers. The World Health Organization estimates that, in total, about 8 million people die from tobacco-related causes, including 1.3 million non-smokers due to secondhand smoke. It is further estimated to have caused 100 million deaths in the 20th century.  
Tobacco smoke contains over 70 chemicals, known as carcinogens, that cause cancer. It also contains nicotine, a highly addictive psychoactive drug. When tobacco is smoked, the nicotine causes physical and psychological dependency. Cigarettes sold in least developed countries have higher tar content and are less likely to be filtered, increasing vulnerability to tobacco smoking-related diseases in these regions.  
Tobacco use most commonly leads to diseases affecting the heart, liver, and lungs. Smoking is a major risk factor for several conditions, namely pneumonia, heart attacks, strokes, chronic obstructive pulmonary disease (COPD)—including emphysema and chronic bronchitis—and multiple cancers (particularly lung cancer, cancers of the larynx and mouth, bladder cancer, and pancreatic cancer). It is also responsible for peripheral arterial disease and high blood pressure. The effects vary depending on how frequently and for how many years a person smokes. Smoking earlier in life and smoking cigarettes with higher tar content increases the risk of these diseases. Additionally, other forms of environmental tobacco smoke exposure, known as secondhand and thirdhand smoke, have manifested harmful health effects in people of all ages. Tobacco use is also a significant risk factor in miscarriages among pregnant women who smoke. It contributes to several other health problems for the fetus, such as premature birth and low birth weight, and increases the chance of sudden infant death syndrome (SIDS) by 1.4 to 3 times. The incidence of erectile dysfunction is approximately 85 percent higher in men who smoke compared to men who do not smoke.  
Many countries have taken measures to control tobacco consumption by restricting its usage and sales. They have printed warning messages on packaging. Moreover, smoke-free laws that ban smoking in public places like workplaces, theaters, bars, and restaurants have been enacted to reduce exposure to secondhand smoke. Tobacco taxes inflating the price of tobacco products, have also been imposed.  
In the late 1700s and the 1800s, the idea that tobacco use caused certain diseases, including mouth cancers, was initially accepted by the medical community. In the 1880s, automation dramatically reduced the cost of cigarettes, cigarette companies greatly increased their marketing, and use expanded. From the 1890s onwards, associations of to

# Wikipedia References

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http://www.cancer.gov/cancertopics/factsheet/Tobacco/light-cigarettes [Credibility Score: 5/5]

http://www.americashealthrankings.org/SiteFiles/Reports/AHR%202011Edition.pdf [Credibility Score: 4/5]

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