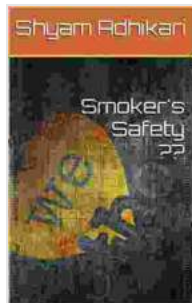


Smoker Safety: Protecting Yourself and Others from the Dangers of Smoking



Smoker's Safety ?? by Anna Sturm

★★★★☆ 4.3 out of 5

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Smoking is one of the leading causes of preventable death and disease in the United States. According to the Centers for Disease Control and Prevention (CDC), cigarette smoking is responsible for more than 480,000 deaths each year in the United States, including more than 16 million deaths from cancer, heart disease, stroke, and chronic obstructive pulmonary disease (COPD).

Secondhand smoke, the smoke that is exhaled from the end of a cigarette or cigar and the smoke that is emitted from the burning end, is also dangerous, causing serious health problems in nonsmokers. The CDC estimates that secondhand smoke exposure causes more than 7,300 deaths from lung cancer and heart disease each year in the United States.

This article provides information on smoker safety, including tips on how to protect yourself and others from the dangers of smoking.

Dangers of Smoking

Smoking is a major risk factor for a number of serious health problems, including:

- **Cancer:** Smoking is the leading cause of preventable cancer deaths in the United States. Cigarette smoke contains more than 7,000 chemicals, many of which are known carcinogens. These chemicals damage the DNA in cells, leading to cancer formation.
- **Heart disease:** Smoking increases the risk of heart disease by damaging the arteries and increasing blood pressure. Smoking also increases the risk of stroke.
- **Stroke:** Smoking is a major risk factor for stroke, which occurs when blood flow to the brain is interrupted. Smoking damages the blood vessels in the brain, making them more likely to clot.
- **Chronic obstructive pulmonary disease (COPD):** COPD is a group of lung diseases that make it difficult to breathe. Smoking is the leading cause of COPD, which can lead to disability and death.
- **Other health problems:** Smoking also increases the risk of a number of other health problems, including gum disease, cataracts, and erectile dysfunction.

Secondhand Smoke

Secondhand smoke is the smoke that is exhaled from the end of a cigarette or cigar and the smoke that is emitted from the burning end. Secondhand

smoke contains the same harmful chemicals as firsthand smoke, and it can cause serious health problems in nonsmokers.

Exposure to secondhand smoke can cause:

- Lung cancer: Secondhand smoke exposure is a major risk factor for lung cancer in nonsmokers.
- Heart disease: Secondhand smoke exposure increases the risk of heart disease in nonsmokers.
- Stroke: Secondhand smoke exposure increases the risk of stroke in nonsmokers.
- COPD: Secondhand smoke exposure increases the risk of COPD in nonsmokers.
- Other health problems: Secondhand smoke exposure can also cause a number of other health problems in nonsmokers, including asthma, allergies, and ear infections.

Fire Safety

Smoking is a major fire hazard. Cigarettes and cigars can easily start fires, especially if they are not properly disposed of.

To prevent fires, smokers should:

- Never smoke in bed.
- Never smoke in a vehicle with a child present.
- Never smoke while intoxicated.

- Always dispose of cigarettes and cigars properly in a non-combustible container.

Smoking Cessation

The best way to protect yourself and others from the dangers of smoking is to quit. Quitting smoking can be difficult, but it is one of the most important things you can do for your health.

There are a number of resources available to help you quit smoking, including:

- The National Cancer Institute's SmokefreeTXT program
- The National Cancer Institute's Quitline
- The American Lung Association's Freedom From Smoking program
- Your doctor or other healthcare provider

Smoking is a major public health problem. It is responsible for a number of serious health problems, including cancer, heart disease, stroke, and COPD. Secondhand smoke is also dangerous, causing serious health problems in nonsmokers. Smokers should take steps to protect themselves and others from the dangers of smoking, including quitting smoking.

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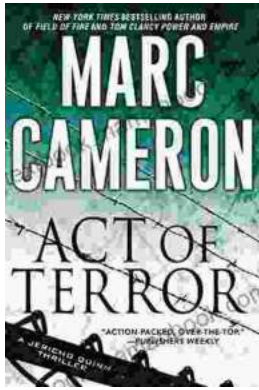
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