Tobacco Use & Lung Disease what's the link?

CAMH Nicotine Dependence Services Fact Sheets

How does my tobacco use cause lung disease?

Tobacco smoke



Difficult for body to get rid of dirt and pollution from lungs



Risk of infections (e.g., bronchitis, pneumonia)

Lung injury and damage

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- Chronic bronchitis
- Emphysema

POOR LUNG FUNCTION

WORSE ASTHMA

RESISTANCE TO DRUG TREATMENT FOR COPD/ASTHMA

Smoking is the main cause of COPD.

Women using tobacco are **23 times** as likely to die from COPD than women who do not.

Men using tobacco are **26 times** as likely to die from COPD than men who do not.

36%

of deaths by lung disease are due to tobacco use.

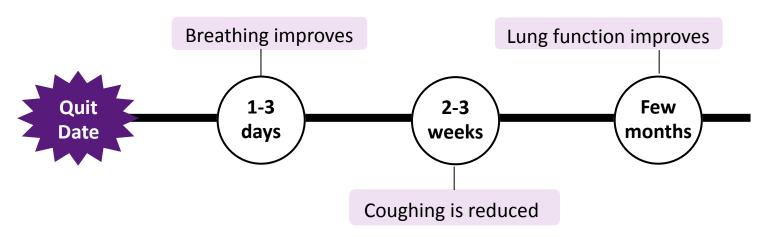
7950

Canadians died of lung disease due to tobacco use in 2011.





Why should I quit using tobacco?



Other benefits:



- Infections
- Coughing
- Wheezing
- Sputum (coughed-up mucus)
- Risk of death from COPD



Lung function among

those

with asthma

How can I quit using tobacco?

When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

Resources

- Smoker's Helpline (1-877-513-5333)
- The Lung Association (www.lung.ca)
- <u>Tobacco Atlas</u> (www.tobaccoatlas.org)



