




## **Know the facts: Smoking harms every organ in your body!**

### **Smoking affects your:**

- ✓ **Brain and is a major cause of strokes.**  
Strokes are the third leading cause of death in the United States and about 30% of those strokes cause death.
- ✓ **Eyes and increases the risk of developing cataracts, a leading cause of blindness.**
- ✓ **Mouth and throat causing gum disease and mouth and throat cancer.**  
Smoking causes throat cancer and cancer of the esophagus which is the seventh leading cause of cancer death in men.
- ✓ **Lungs.** Smoking low tar-cigarettes does not substantially reduce the risk of lung cancer.
  1. Smoking causes injury to the airways and air sacs of your lungs, which can lead to lung cancer, chronic obstructive pulmonary disease (COPD) and emphysema.
  2. Smoking is related to asthma among children and adolescents. Asthma is a disease that causes inflammation of the airways, causing them to become constricted, and obstruct airflow in and out of the lungs.
- ✓ **Heart and causes coronary heart disease.** Cardiovascular disease includes high blood pressure, coronary heart disease, stroke, congestive heart failure, and other conditions. Cigarette smoking has been associated with all types of sudden cardiac death in both men and women.
- ✓ **Stomach and causes stomach cancers and peptic ulcers.** Smoking also contributes to kidney cancer, bladder cancer, and pancreatic cancer.
- ✓ **Body's ability to fight infections.** Smokers are more likely to have upper respiratory tract infections like colds and sore throats due to viral or bacterial infections.

Smokers have more acute lower respiratory illnesses, such as pneumonia or acute bronchitis, than nonsmokers. These are usually diagnosed as infections of the lower respiratory tract (bronchial tubes and lung illnesses).

**To learn more about the damage smoking causes to the human body, contact your *Healthy Together!* Health Coach toll-free at 1-888-545-1710 for support on quitting smoking.**



**Smoking  
harms every  
organ of your  
body, causing  
many serious  
diseases and,  
many times,  
death.**

**Call 1-888-545-1710 to speak to a nurse 24-hours a day  
or visit our website at: [www.WYHealthyTogether.com](http://www.WYHealthyTogether.com)**

**Healthy Together!** is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.

