

CAMPAIGN For TOBACCO-FREE Kids[®]

IT'S NOT JUST IMPOTENCE!

SMOKING CAN WRECK AND PREMATURELY AGE YOUR BODY BEFORE IT KILLS YOU

The fact that tobacco use increases the risk of male impotence has been getting a lot of attention lately. Oddly enough, many smokers and smokeless tobacco users who ignore the enormous risks they face of suffering and dying from heart disease, cancer, and other fatal tobacco-related illnesses find their increased risk of reduced sexual function much more disturbing. In fact, before dying from tobacco use, smokers and other tobacco users (including those exposed to secondhand smoke) face significantly higher risks of all sorts of other irritating or debilitating physical and medical problems. The enormous variety of harm caused by tobacco use makes providing a comprehensive list impossible, but here are some of the highlights.

- Most people have heard about "smoker's wrinkles" or the increased "crow's feet" around smokers' eyes; but few realize that smoking has also been associated with prematurely gray hair and even hair loss.¹
- Chronic coughing, increased phlegm, emphysema and bronchitis have been well-established products of smoking for decades; and smokers are also more susceptible to influenza and more likely to experience severe symptoms when they get the flu.²
- Smoking causes bad breath and makes smokers' homes and clothes stink; and, perhaps fortunately for smokers, it also reduces their sense of smell.³
- Besides weakening smokers' noses, cigarette smoking (and exposure to secondhand smoke) is associated with hearing loss and vision problems, including cataracts and even blindness.⁴
- Beyond smoke- or nicotine-stained teeth, smokers are also more likely to suffer from periodontal disease and to have more serious periodontal disease, including tooth loss.⁵
- Cigarette smoking increases both the risk and the severity of rheumatoid arthritis.⁶
- Smoking can cause the early onset of menopause among women, incontinence, and reduced fertility; and it may also reduce fertility among men.⁷
- Cigarette smoking is a risk factor for osteoporosis, and could become a more powerful factor among today's youth who have begun smoking at earlier ages.⁸
- If a smoker breaks a bone or needs any kind of surgery, his or her smoking can interfere with the healing process.⁹
- Early evidence suggested that nicotine might actually help some people suffering from Alzheimer's disease, but more recent evidence shows that smoking actually doubles a person's risk of dementia and Alzheimer's.¹⁰
- Smoking and nicotine have also been associated with increased headache activity.¹¹
- While many smokers believe that smoking relieves stress, it is actually a major cause. Smoking only appears to reduce stress because it lessens the irritability and tension caused by the underlying nicotine addiction.¹²

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¹ J.G. Mosley and A.C. Gibbs, "Premature Gray Hair and Hair Loss Among Smokers: A New Opportunity for Health Education," British Medical Journal 313(7072): 1616 (December 21-28, 1996).

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- ² J.D. Kark, et al., "Cigarette Smoking as a Risk Factor For Epidemic a(h1n1) Influenza in Young Men, New England Journal of Medicine 307(17): 1042-46 (October 21, 1982); J.D. Kark and M. Lebiush, "Smoking and Epidemic Influenza-Like Illness in Female Military Recruits: A Brief Survey," American Journal of Public Health 71(5): 530-32 (May 1981).
- ³ A Fiser, "Smell Perception in Smokers," Medicinski Pregled 43(1-2): 48-49 (1990) [in Serbo-Croatian]; R.P. Moritz and U. Winkler, "Effect of Smoking on Sense of Smell and Taste," Zeitschrift Fur Die Gesamte Hygiene Und Ihre Grenzgebiet 33(12): 660-61 (December 1987) [in German].
- ⁴ For hearing loss, see, e.g., I. Noorhassim and K.G. Rampal, "Multiplicative Effect of Smoking and Age on Hearing Impairment," American Journal of Otolaryngology 19(4): 240-43 (July-August 1998); K.J. Cruickshanks, et al., "Cigarette Smoking and Hearing Loss: The Epidemiology of Hearing Loss Study," JAMA 279(21): 1715-19 (June 3, 1998). For eye problems, see, e.g., R. Klein, et al., "Relation of Smoking to the Incidence of Age-Related Maculopathy: The Beaver Dam Eye Study," American Journal of Epidemiology 147(2): 103-10 (January 15, 1998); R. G. Cumming and P. Mitchell, "Alcohol, Smoking, and Cataracts," Archives of Ophthalmology 115(10): 1296-303 (October 1997); P.A. Sibony et al., "The Effects of Tobacco Smoking on Smooth Pursuit Eye Movements," Annals of Neurology 23(3): 238-41 (March 1988);
- ⁵ See, e.g., M. S. Tonetti, "Cigarette Smoking and Periodontal Disease: Etiology and Management of Disease," Annals of Periodontology, 3(1): 88-101 (July 1998); S.W. Burgan, "The Role of Tobacco Use in Periodontal Diseases: A Literature Review," General Dentistry 45(5): 449-60 (September-October, 1997); E.A. Krall, "Smoking, Smoking Cessation, and Tooth Loss," Journal of Dental Research 76(10): 1653-59 (October 1997).
- ⁶ See, e.g., K.G. Saag, et al., "Cigarette Smoking and Rheumatoid Arthritis Severity," Annals of Rheumatic Diseases 56(8): 463-69 (August 1997); A.J. Silman et al., "Cigarette Smoking Increases the Risk of Rheumatoid Arthritis: Results From a Nationwide Study of Disease-discordant Twins," Arthritis and Rheumatism 39(5): 732-35 (May 1996).
- ⁷ On early menopause, see, e.g., D.W. Cramer, et al., "Cross-sectional and Case-controlled Analyses of the Association Between Smoking and Early Menopause," Maturitas 22(2): 79-87 (September 1995). On incontinence, see, e.g., P. Tampakoudis, et al., "Cigarette Smoking and Urinary Incontinence in Women – A New Calculative Method of Estimating the Exposure to Smoke," European Journal of Gynecology and Reproductive Biology 63(1): 27-30 (November 1995). On reduced female fertility, see, e.g., B.J. Van Voorhis, et al., "The Effects of Smoking on Ovarian Function and Fertility During Assisted Reproduction Cycles," Obstetric Gynecology 88(5): 785-91 (November 1996). On reduced male infertility see, e.g., C.E. Close, et al., "Cigarettes, Alcohol, and Marijuana are Related to Pyospermia in Infertile Men," Journal of Urology 144(4): 900-03 (October 1990); P. Moskova and I. Popov, "Sperm Quality in Smokers and Nonsmokers Among Infertile Families," Akusherstvo I Ginekologija 32(1): 28-30 (1993) [in Bulgarian].
- ⁸ H.W. Daniell, "Osteoporosis of the Slender Smoker. Vertebral Compression Fractures and Loss of Metacarpal Cortex in Relation to Post menopausal Cigarette Smoking and Lack of Obesity," Archives of Internal Medicine 136(3): 298-304 (March 1976); P.O. Ill and C. Alexandre, "Tobacco as Risk Factor of Osteoporosis. Myth or Reality," Revue Du Rhumatisme Edition Francaise 60(4): 280-86 (April 1993).
- ⁹ S.M. Raikin, et al., "Effect of Nicotine on the Rate and Strength of Long Bone Fracture Healing," Clinical Orthopaedics and Related Research 353:231-37 (August 1998); S.F. Lovich and P.G. Arnold, "The Effect of Smoking on Muscle Transposition," Plastic and Reconstructive Surgery 93(4): 825-28 (April 1994).
- ¹⁰ A. Ott et al., "Smoking and Risk of Dementia and Alzheimer's Disease in a Population-based Cohort Study: The Rotterdam Study," Lancet 351(9119): 1840-43 (June 20, 1998).
- ¹¹ T. J. Payne, et al., "The Impact of Cigarette Smoking on Headache Activity in Headache Patients," Headache 31(5): 329-32 (May 1991).
- ¹² Parrott, A.C., "Does Cigarette Smoking Cause Stress?," American Psychologist 54(10): 817-20 (October 1999).