Tobacco Use & Lung Disease

what’s the link?

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

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.

Interested in learning more?
For more fact sheets, visit the Resources section at www.teachproject.ca.
Why should 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.

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?

Resources

- Smoker’s Helpline (1-877-513-5333)
- The Lung Association (www.lung.ca)
- Tobacco Atlas (www.tobaccoatlas.org)

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