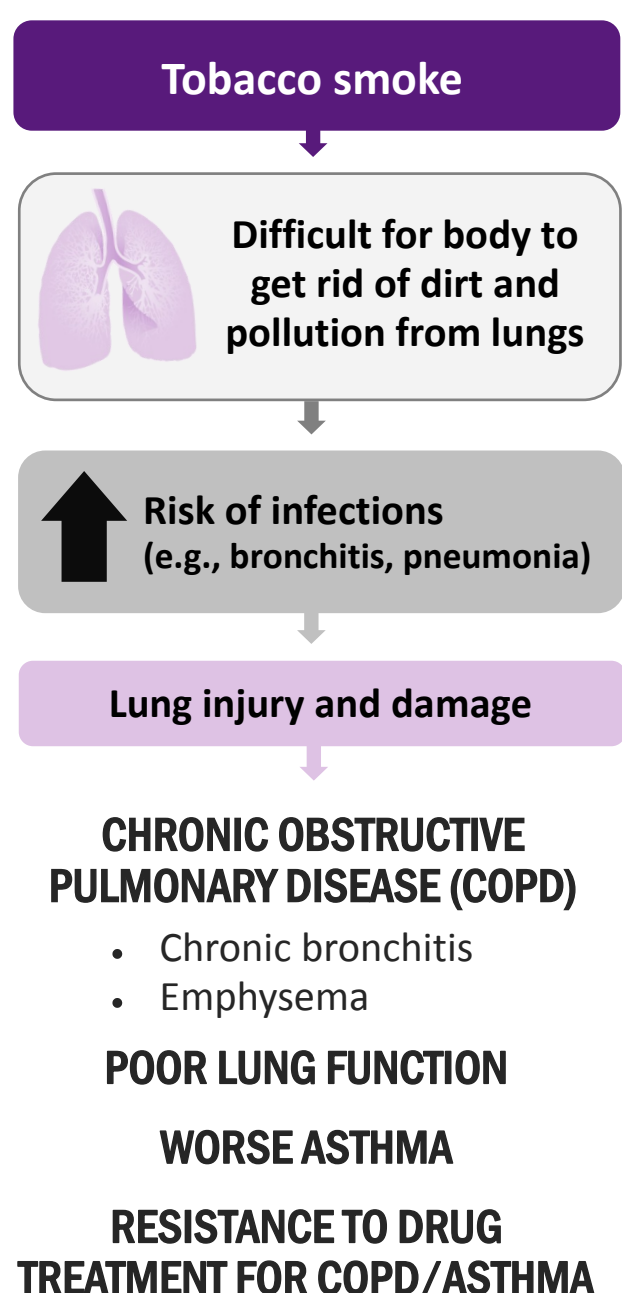


Tobacco Use and Lung Disease

what's the link?

CAMH Nicotine Dependence Services Fact Sheets

How does tobacco use cause lung disease?



Smoking is the main cause of COPD.

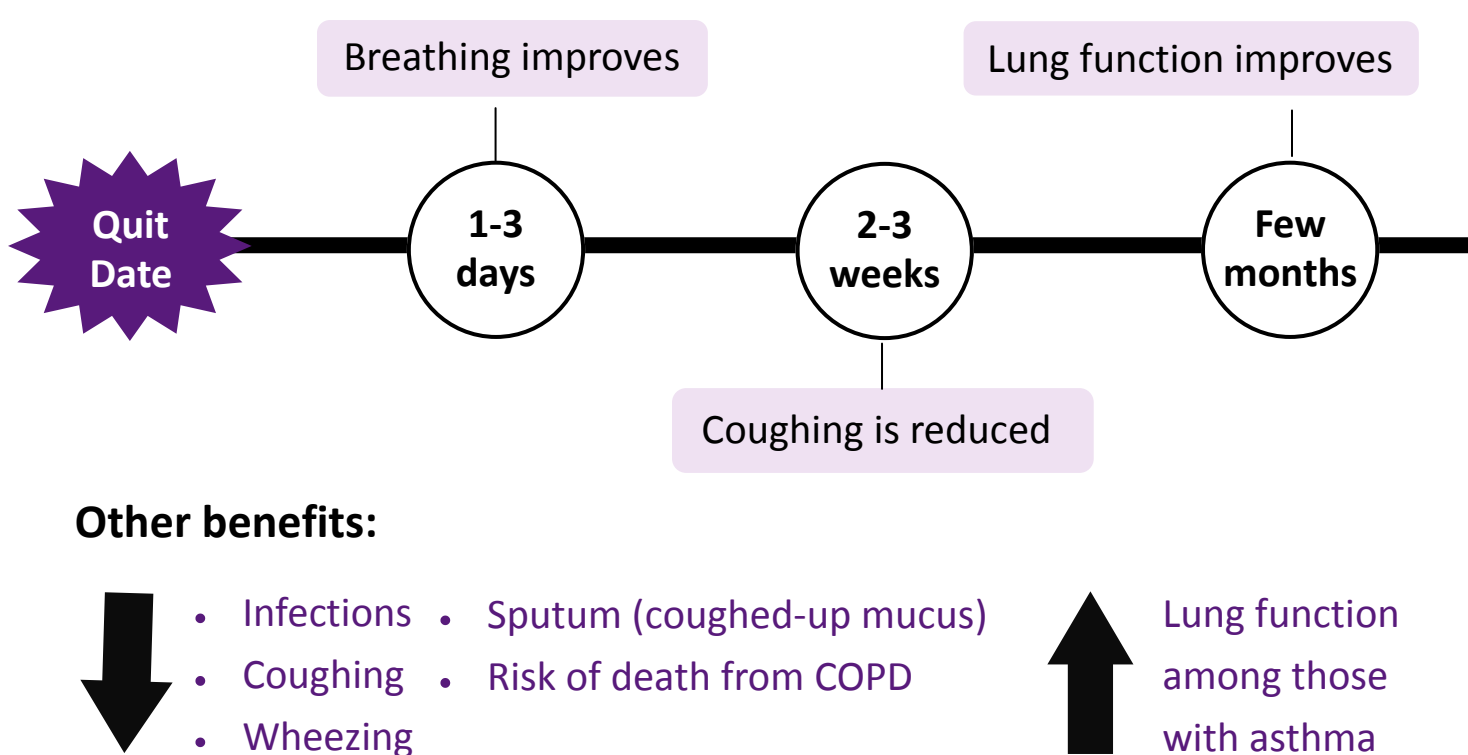
Women using tobacco are **23 times** as likely to die from COPD than women who do not.

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?



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.



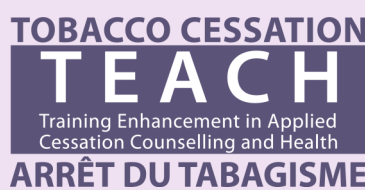
Eat well.



Stay active.

Resources

- [Smoker's Helpline](http://18775135333.com) (1 877 513-5333)
- [The Lung Association](http://lung.ca) (lung.ca)
- [Tobacco Atlas](http://tobaccoatlas.org) (tobaccoatlas.org)



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