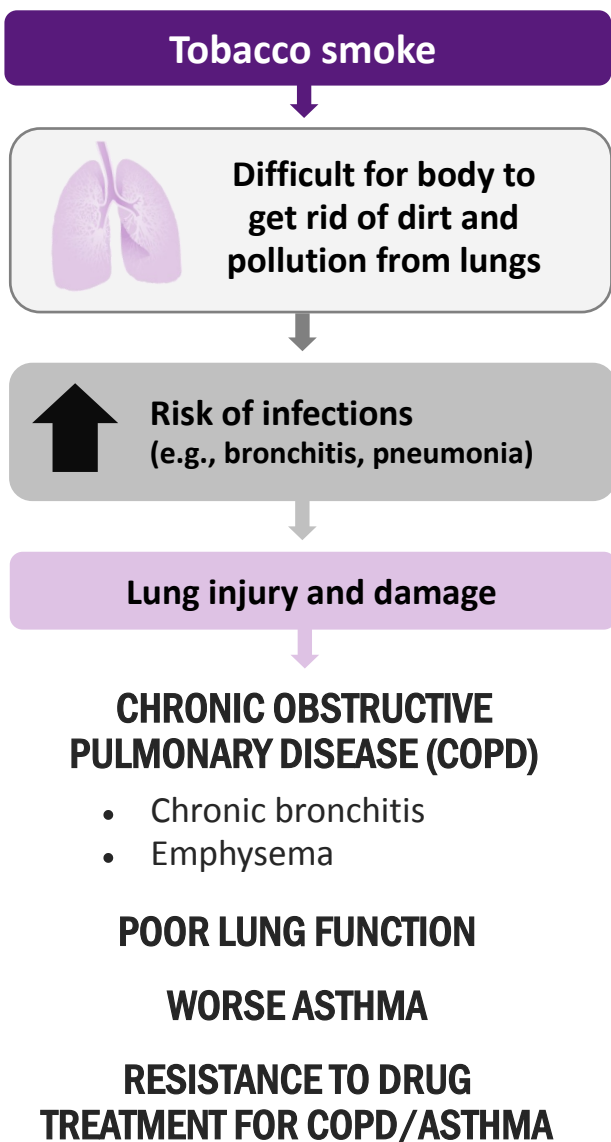


# Tobacco Use & Lung Disease

## *what's the link?*

### CAMH Nicotine Dependence Services Fact Sheets

## How does my 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.

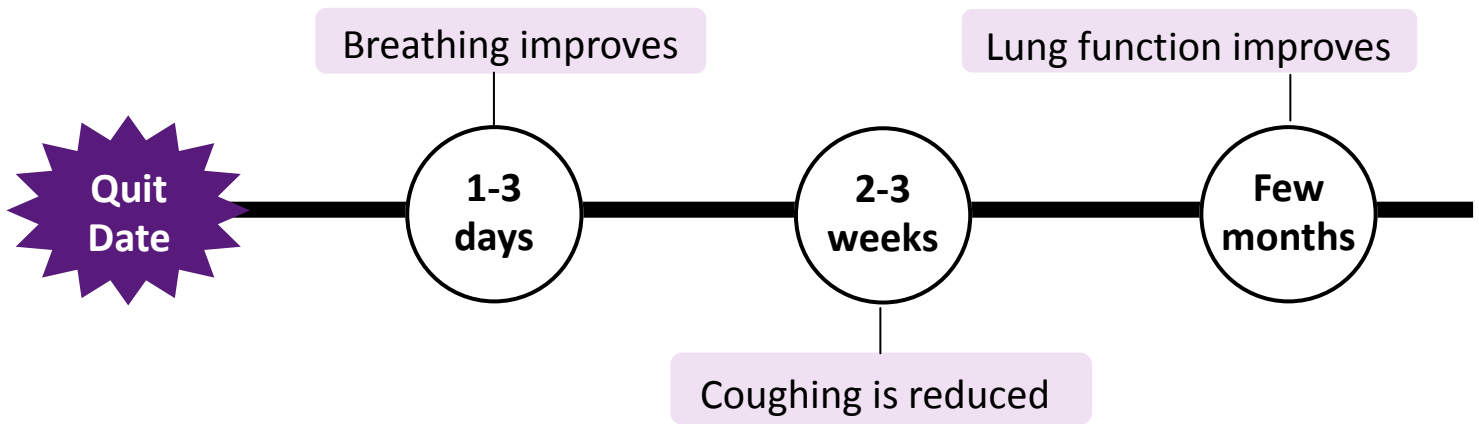
Men using tobacco are **26 times** as likely to die from COPD than men who do not.

.....

**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?



## 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?

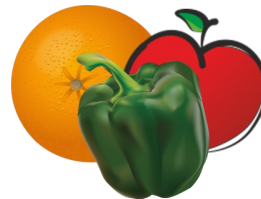
When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

# Resources

- [Smoker's Helpline \(1-877-513-5333\)](https://www.1877-513-5333)
- [The Lung Association \(www.lung.ca\)](http://www.lung.ca)
- [Tobacco Atlas \(www.tobaccoatlas.org\)](http://www.tobaccoatlas.org)