

LEARN ABOUT SMOKING-USE DISORDER



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

What Is Tobacco Use Disorder?

Tobacco Use Disorder is when someone's brain and body rely on tobacco. They feel like they need to keep smoking, and it can be hard to stop even when they want to.

What does smoking do to the lungs?

Your lungs help you breathe. Smoking puts harmful chemicals into your lungs like nicotine which is highly addictive and carbon monoxide. Other chemicals are carcinogens. Carcinogens cause cancer. Smoking makes it harder to breathe and can damage your lungs over time.

Why Is it Hard to Quit?

Nicotine is very addictive. It has been proven to be as addictive as cocaine and heroin.

Carcinogens Found in Cigarettes

- Tar. A sticky, brown substance formed when tobacco burns. It has many cancer-causing chemicals
- Benzene. Found in rubber, cement, and gasoline
- Arsenic. Found in rat poison
- Formaldehyde. Used for embalming dead people

Health Problems Caused by Smoking

Smoking can cause serious health problems, like:

- Asthma. Makes breathing difficult and causes coughing or wheezing
- Chronic Bronchitis. Fills lungs with mucus, leading to constant coughing
- Emphysema. Weakens the lungs, making it hard to breathe
- Lung Cancer. A dangerous disease that can be fatal
- Cancer. Can develop almost anywhere in the body
- Heart Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Type 2 Diabetes
- Eye Diseases
- Rheumatoid Arthritis

How to Stay Healthy

- Say, "No" if someone offers you a cigarette or vape.
- Ask for help
- Breathe fresh air and take care of your lungs by staying active