



## Smoking Hazards – Some Facts You Should Know About 您不能不知道的 - 菸害(英文)

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### Preface

Whether you smoke or not, smoking is hazardous to your health. Statistics from the World Health Organization indicate that there are 10 % premature deaths that are in some extent associated with smoking, including passive smoking; moreover, 90% death of lung cancer and chronic obstructive pulmonary disease is related to smoke. Amongst patients with stroke and heart disease, those with a smoking history have a two-fold increase in mortality compared to non-smokers. Passive smoking in adults, as well as in children, also causes lung cancer and other severe respiratory diseases.

### Respiratory Diseases Related to Smoking

1. Chronic obstructive pulmonary disease
2. Lung cancer
3. Emphysema
4. Bronchial asthma
5. Chronic bronchitis

### Cardiovascular Diseases Related to Smoking

1. Atherosclerosis
2. Intermittent claudication
3. Coronary artery thrombosis
4. Deep venous thrombosis
5. Myocardial infarction
6. Stroke

### Miscellaneous

1. Hazards to children

2. Peptic ulcer risk
3. Decrease in fertility

## Conclusion

The earlier you stop smoking, the less harm you inflict on people around you and the sooner your body can mend. Quitting smoking keeps you away from heart diseases, lung cancer, respiratory diseases, and many others.

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若有任何疑問，請不吝與我們聯絡  
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