

National Institutes of Health / U.S. National Library of Medicine



Home → Health Topics → Smoking

URL of this page: <https://medlineplus.gov/smoking.html>

## Smoking

**Also called:** Cigar smoking, Cigarette smoking, Pipe smoking, Tobacco smoking

There's no way around it. Smoking is bad for your health. Smoking harms nearly every organ of the body. Cigarette smoking causes 87 percent of lung cancer deaths. It is also responsible for many other cancers and health problems. These include lung disease, heart and blood vessel disease, stroke and cataracts.

Women who smoke have a greater chance of certain pregnancy


[\[https://medlineplus.gov/pregnancyandsubstanceabuse.html\]](https://medlineplus.gov/pregnancyandsubstanceabuse.html) problems or having a baby die from sudden infant death syndrome (SIDS). Your smoke is also bad for other people - they breathe in your smoke secondhand [\[https://medlineplus.gov/secondhandsmoke.html\]](https://medlineplus.gov/secondhandsmoke.html) and can get many of the same problems as smokers do.

E-cigarettes [\[https://medlineplus.gov/ecigarettes.html\]](https://medlineplus.gov/ecigarettes.html) often look like cigarettes, but they work differently. They are battery-operated smoking devices. Not much is known about the health risks of using them.

Quitting smoking [\[https://medlineplus.gov/quittingsmoking.html\]](https://medlineplus.gov/quittingsmoking.html) can reduce your risk of health problems. The earlier you quit, the greater the benefit.




*NIH: National Cancer Institute*

### Start Here

- Cigarettes and Other Tobacco Products [\[https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products\]](https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products)  (National Institute on Drug Abuse)  
Also in Spanish [\[https://www.drugabuse.gov/es/publicaciones/drugfacts/cigarrillos-y-otros-productos-con-tabaco\]](https://www.drugabuse.gov/es/publicaciones/drugfacts/cigarrillos-y-otros-productos-con-tabaco)
- Let's Make the Next Generation Tobacco-Free: Your Guide to the 50th Anniversary Surgeon General's Report on Smoking and Health [\[https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf\]](https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf) (Department of Health and Human Services) - PDF
- Smoking and Tobacco Use Health Effects  
[\[https://www.cdc.gov/tobacco/basic\\_information/health\\_effects/index.htm\]](https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm)  
(Department of Health and Human Services)
- Smoking: Do You Really Know the Risks?  
[\[http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingSmoking/Smoking-Do-you-really-know-the-risks\\_UCM\\_322718\\_Article.jsp\]](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingSmoking/Smoking-Do-you-really-know-the-risks_UCM_322718_Article.jsp) (American Heart Association)

- Tobacco Addiction [<https://familydoctor.org/condition/tobacco-addiction/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/condicion/adiccion-al-tabaco/?adfree=true>]
- Tobacco and Cancer [<https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer.html>] (American Cancer Society)


## Related Issues

- Cancer and Tobacco Use [<https://www.cdc.gov/vitalsigns/cancerandtobacco/index.html>] (Centers for Disease Control and Prevention)  
Also in Spanish [<https://www.cdc.gov/spanish/signosvital/cancer-tabaquismo/index.html>]
- Cigar Smoking and Cancer [<https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cigars-fact-sheet>]  (National Cancer Institute)  
Also in Spanish [<https://www.cancer.gov/espanol/cancer/causas-prevencion/riesgo/tabaco/hoja-informativa-cigarros-puros>]
- Is It True That Smoking Causes Wrinkles? [<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/expert-answers/smoking/faq-20058153?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es-es/healthy-lifestyle/quit-smoking/expert-answers/smoking/faq-20058153?p=1>]
- Nicotine Dependence [<https://www.mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es-es/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584?p=1>]
- Smoking and Asthma (For Parents) [<https://kidshealth.org/en/parents/smoking-asthma.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/smoking-asthma-esp.html>]
- Smoking and Bone Health [<https://www.bones.nih.gov/health-info/bone/osteoporosis/conditions-behaviors/bone-smoking>]  (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
- Smoking and Eye Health [<https://www.aao.org/eye-health/tips-prevention/smokers>] (American Academy of Ophthalmology)  
Also in Spanish [<https://www.aao.org/salud-ocular/consejos/fumar>]
- Smoking and Home Fire Safety [<https://www.usfa.fema.gov/prevention/outreach/smoking.html>] (United States Fire Administration)
- Smoking and Infertility [<https://www.reproductivefacts.org/news-and-publications/patient-fact-sheets-and-booklets/fact-sheets-and-info-booklets/smoking-and-infertility/>] (American Society for Reproductive Medicine)  
Also in Spanish [[https://www.asrm.org/globalassets/rf/news-and-publications/bookletsfact-sheets/spanish-fact-sheets-and-info-booklets/consumo\\_de\\_tabaco\\_e\\_infertilidad-spanish.pdf](https://www.asrm.org/globalassets/rf/news-and-publications/bookletsfact-sheets/spanish-fact-sheets-and-info-booklets/consumo_de_tabaco_e_infertilidad-spanish.pdf)]
- Smoking and Your Digestive System [<https://www.niddk.nih.gov/health-information/digestive-diseases/smoking-digestive-system>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
- What's in a Cigarette? [<http://www.lung.org/stop-smoking/smoking-facts/whats-in-a-cigarette.html>] (American Lung Association)

## Specifics

- Bidis and Kreteks  
[[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/bidis\\_kreteks/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/bidis_kreteks/)]  
(Centers for Disease Control and Prevention)
- Cigars [[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/cigars/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/cigars/)]  
(Centers for Disease Control and Prevention)
- E-Cigarettes: MedlinePlus Health Topic [<https://medlineplus.gov/ecigarettes.html>]  
 (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/ecigarettes.html>]
- E-Cigs, Menthol & Dip [<https://smokefree.gov/quitting-smoking/ecigs-menthol-dip-and-more>]  
 (National Cancer Institute, Tobacco Control Research Branch)  
Also in Spanish [<https://espanol.smokefree.gov/cigarrillos-electronicos>]
- Hookahs [[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/hookahs/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/)]  
(Centers for Disease Control and Prevention)
- Low-Yield Cigarettes  
[[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/low\\_yield\\_cigarettes/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/low_yield_cigarettes/)]  
(Centers for Disease Control and Prevention)
- Tobacco Products [[https://www.cdc.gov/tobacco/basic\\_information/tobacco\\_industry/index.htm](https://www.cdc.gov/tobacco/basic_information/tobacco_industry/index.htm)]  
(Department of Health and Human Services)





## Health Check Tools

- Nicotine Withdrawal; Measure Your Symptoms (Quiz) [[https://smokefree.gov/challenges-when-quitting/managing-withdrawal/quiz-withdrawal](https://smokefree.gov/challenges-when-quit/quitting/managing-withdrawal/quiz-withdrawal)]  
 (National Cancer Institute, Tobacco Control Research Branch)
- Smoking Quiz: Do You Need Help to Quit? [<https://www.cancer.org/healthy/stay-away-from-tobacco/smoking-habits-quiz.html>] (American Cancer Society)

## Statistics and Research

- Adult Cigarette Smoking in the United States: Current Estimates  
[[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/adult\\_data/cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm)]  
(Centers for Disease Control and Prevention)
- Exposure to Cigarette Smoke Reduces Vitamin D3 in the Blood Stream and Respiratory Tract  
[<http://www.aaaai.org/global/latest-research-summaries/Current-JACI-Research/cigarette-smoke-vitamin-D3>] (American Academy of Allergy, Asthma, and Immunology)
- Tobacco Use in Racial and Ethnic Populations [<http://www.lung.org/stop-smoking/smoking-facts/tobacco-use-racial-and-ethnic.html>] (American Lung Association)
- Tobacco-Related Mortality  
[[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/tobacco\\_related\\_mortality/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/)]  
(Centers for Disease Control and Prevention)

## Clinical Trials

- ClinicalTrials.gov: Cigarette Smoking [<https://clinicaltrials.gov/search/open/condition=%22Cigarette+Smoking%22>]  (National Institutes of Health)
- ClinicalTrials.gov: Tobacco Smoking [<https://clinicaltrials.gov/search/open/condition=%22Tobacco+Smoking%22>]  (National Institutes of Health)
- ClinicalTrials.gov: Tobacco Use Disorder [<https://clinicaltrials.gov/search/open/condition=%22Tobacco+Use+Disorder%22>]  (National Institutes of Health)
- ClinicalTrials.gov: Water Pipe Smoking [<https://clinicaltrials.gov/search/open/condition=%22Water+Pipe+Smoking%22>]  (National Institutes of Health)

## Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: The prevalence and trends of waterpipe tobacco smoking: A systematic... [<https://www.ncbi.nlm.nih.gov/pubmed/29425207>]
- Article: Menthol cigarettes and the public health standard: a systematic review. [<https://www.ncbi.nlm.nih.gov/pubmed/29284458>]
- Article: Effect of Smoking and Folate Levels on the Efficacy of... [<https://www.ncbi.nlm.nih.gov/pubmed/29273594>]
- Smoking – see more articles [[https://www.ncbi.nlm.nih.gov/pubmed?term=\(smoking\[majr\]+OR+tobacco+use+disorder\[majr\]+NOT+smoking+cessation\[majr\]+AND+\(jsubsetk\[text\]+OR+review\[pt\]+OR+clinical+trial\[pt\]+OR+guideline\[pt\]+OR+patient+education+handout\[pt\]\)+NOT+\(editorial\[pt\]+OR+letter\[pt\]+OR+case+reports\[pt\]\)+AND+english\[la\]+AND+humans\[mh\]+AND+%22last+1+Year%22\[edat\]\)](https://www.ncbi.nlm.nih.gov/pubmed?term=(smoking[majr]+OR+tobacco+use+disorder[majr]+NOT+smoking+cessation[majr]+AND+(jsubsetk[text]+OR+review[pt]+OR+clinical+trial[pt]+OR+guideline[pt]+OR+patient+education+handout[pt])+NOT+(editorial[pt]+OR+letter[pt]+OR+case+reports[pt])+AND+english[la]+AND+humans[mh]+AND+%22last+1+Year%22[edat]))]


## Reference Desk

- How Lungs Work [<http://www.lung.org/lung-health-and-diseases/how-lungs-work/>] (American Lung Association)

## Find an Expert

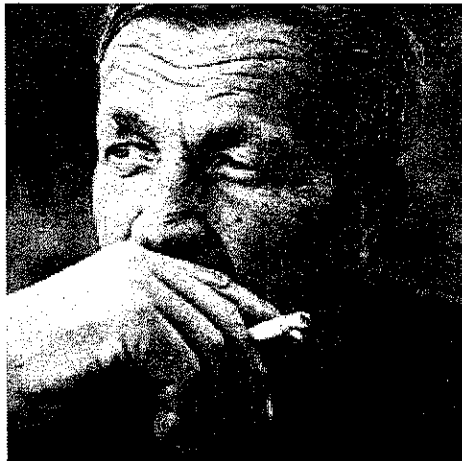
- American Cancer Society [<https://www.cancer.org/>]
- American Lung Association [<http://www.lung.org/>]
- National Institute on Drug Abuse [<https://www.drugabuse.gov/>]   
Also in Spanish [<https://www.drugabuse.gov/es/en-espanol/>]

## Women

- Stress and Mood [<https://women.smokefree.gov/stress-mood.aspx>]  (National Cancer Institute, Tobacco Control Research Branch)

## Patient Handouts

- Risks of tobacco [<https://medlineplus.gov/ency/article/002032.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002032.htm>]
- Smoking and asthma [<https://medlineplus.gov/ency/patientinstructions/000504.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000504.htm>]
- Smoking and COPD [<https://medlineplus.gov/ency/patientinstructions/000696.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000696.htm>]



## MEDICAL ENCYCLOPEDIA

Risks of tobacco [<https://medlineplus.gov/ency/article/002032.htm>]

Smoking and asthma [<https://medlineplus.gov/ency/patientinstructions/000504.htm>]

Smoking and COPD [<https://medlineplus.gov/ency/patientinstructions/000696.htm>]

## Related Health Topics

E-Cigarettes [<https://medlineplus.gov/ecigarettes.html>]

Quitting Smoking [<https://medlineplus.gov/quittingsmoking.html>]

Secondhand Smoke [<https://medlineplus.gov/secondhandsmoke.html>]

Smokeless Tobacco [<https://medlineplus.gov/smokelesstobacco.html>]

Smoking and Youth [<https://medlineplus.gov/smokingandyouth.html>]

## National Institutes of Health

The primary NIH organization for research on *Smoking* is the National Institute on Drug Abuse  
[<https://www.drugabuse.gov/>]

### Other Languages

Find health information in languages other than English  
[<https://medlineplus.gov/languages/smoking.html>] on *Smoking*

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our disclaimer [<https://medlineplus.gov/disclaimers.html>] about external links and our quality guidelines [<https://medlineplus.gov/criteria.html>] .

---

U.S. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services

National Institutes of Health

Page last updated on 26 March 2018

Topic last reviewed: 6 October 2015