Smoking in Women

Even though the harmful effects of smoking have been well documented, one in every five women in the United States continues to smoke. It is now well established that smoking increases your risk for a number of health problems, including:

- **Lung disease**: lung cancer, emphysema, and chronic bronchitis
- **Heart disease**: blood flow to the heart is critically reduced
- **Stroke**: lack of blood flow to the brain from a blood clot or bleeding in the brain from a broken vessel
- **Early menopause**: the stopping of menstrual periods
- **Osteoporosis**: thinning or weakening of the bone
- **Other cancers**: cancer of the throat, mouth, esophagus, pancreas, kidney, bladder, and cervix
- **Infertility**: problems getting pregnant
- **Skin damage**: damage to the skin and premature aging

For more information about smoking and how to quit, visit the National Women’s Health Information Center web site at [www.4woman.gov](http://www.4woman.gov)

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