

[IMAGE]

## Forecast for Smokers: Gloom and Doom

By Editorial Staff

According to the National Health Interview Survey (2008), an estimated 24.8 million men and 21.1 million women smoke. That's more than 46 million people (approximately 20 percent of the population) unwilling or unable to quit a habit associated with significant health issues including coronary heart disease, stroke, chronic obstructive diseases (chronic bronchitis and emphysema), abdominal aortic aneurysm, and numerous forms of cancer: lung, bladder, cervical, uterine, esophageal, stomach, mouth and throat.

smoker - Copyright â Stock Photo / Register Mark Oh, and add depression to the list, courtesy of a study published in June 2010. Look no further than the study authors' conclusion: "There is a cause and effect relationship between smoking and depression in which cigarette smoking increases the risk of symptoms of depression."

If you're struggling to quit, take a look at your health future (see above) and get the help you need. If you've never smoked or have managed to quit, congratulations: You've dramatically improved your overall health and are probably feeling much better for it. And if you know someone who smokes, share this article and pledge your support. They deserve the same good health you do.

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