HealthCalc 2000™

Tobacco Usage

Wellness Variable	Your Rating	Poor	Fair	Good	Great
Cigarette Smoking	5 60				
Pipes or Cigars	95 95				
Smokeless Tobacco	95 95				

It is estimated that over 415,000 people die each year in the United States from smoking-related illnesses. Smoking is a major factor in death from heart attack (smokers risk is twice that of non-smokers). The link between smoking and lung cancer is firmly established with 87% of all lung cancers being attributed to cigarette smoking. Taken together, the association of smoking and disease makes tobacco the single most important cause of death in the United States.

The use of smokeless tobacco is linked to increased risk for mouth and throat cancer. Pipe and cigar smoking increases risk for those cancers in addition to emphysema and peptic ulcer diseases.

Tobacco and Disease

Your Relative Risk

Average risk level is here

0	3	6	9	12	15	18	21

Years From Now
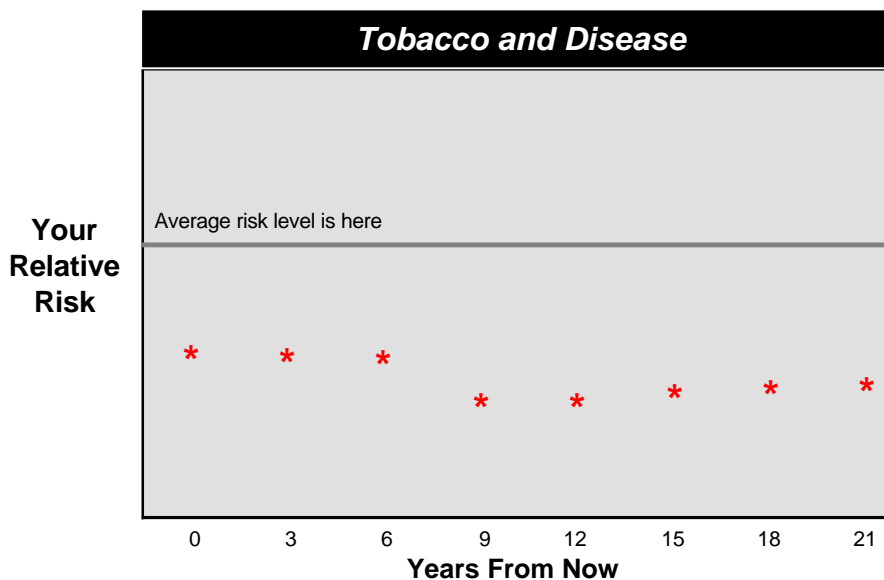
This chart illustrates your relative risk over time for heart disease, stroke and many cancers linked with tobacco usage. Congratulations on quitting smoking! The good news is that your disease risk will continue to drop and will eventually approach the risk levels of those who have never smoked.

The risk projection on the chart assumes that you do not start smoking again!

Action Plan

Congratulations for quitting your 1 pack per day habit 3 years ago! Your investment in your personal health will pay off. Don't start smoking again!