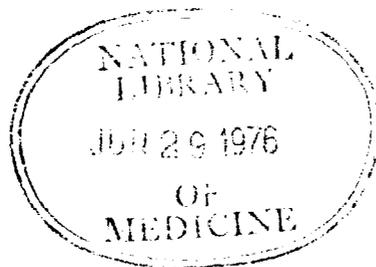


The
Health Consequences
of SMOKING
1975



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U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
PUBLIC HEALTH SERVICE
Center for Disease Control
Atlanta, Georgia 30333

July 23, 1975

Honorable Carl Albert
Speaker of the House of Representatives
Washington, D.C. 20515

Dear Mr. Speaker:

As required by Section 8(a) of the Public Health Cigarette Smoking Act of 1969, enclosed is the 1975 report on the health consequences of smoking. The recent scientific information reviewed in the report reaffirms the previous evidence that cigarette smoking is a serious public health problem. It is a major contributor to the development of cardiovascular disease, various types of cancer, and respiratory disease. Its toll in illness and premature death is needless and preventable. The recent literature further refines our understanding of the mechanisms by which smoking influences these disease states.

Under this Act, I am also required to submit to you such recommendations for legislation as I deem appropriate. This Department has previously taken a position in support of legislation which would authorize the regulation of cigarettes through the power to ban the manufacture and sale of cigarettes exceeding what are considered excessively hazardous levels of tar, nicotine, carbon monoxide, and other ingredients shown to be injurious to health. The extent to which the cigarette smoking public has over the years spontaneously moved towards this kind of self protection suggests that it would welcome the additional protection such legislation would bring. This Department, therefore, recommends to the Congress that it consider legislation providing this Department or some other appropriate agency with the authority to set maximum permissible levels of hazardous ingredients in cigarettes.

With kindest regards.

Sincerely,

Caspar W. Weinberger
Secretary

Enclosure

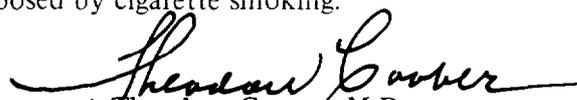
PREFACE

Each year the Public Health Service reviews the scientific data related to the health consequences of smoking and submits its review to the Congress. This report, the ninth in the series, summarizes recent research in four major areas: cardiovascular disease, cancer, respiratory disease, and the effects of smoking on the nonsmoker who shares the environment of those who smoke.

As has been the case with each of the previous reports in the series, the research summarized herein further confirms the relationships between cigarette smoking and disease and premature death and refines our understanding of the mechanisms underlying these relationships.

Cigarette smoking remains the largest single unnecessary and preventable cause of illness and early death. In the eleven years since the report of the Advisory Committee to the Surgeon General in 1964, there has been progress toward reducing this toll. Millions of Americans have stopped smoking cigarettes, and millions more have not taken up smoking. Even for those who continue to smoke, there has been a striking reduction in the "tar" and nicotine content of cigarettes used by the vast majority. At the same time, however, counter-balancing these gains, there has been an increase in cigarette smoking by women and young people, especially teen-age girls.

To eliminate the needless death and disability attributable to cigarette smoking, the Public Health Service remains committed today, as in the past, to increasing the knowledge about the health consequences of smoking and to educating the American people as to the nature and extent of the hazards of smoking. This is a task, not for government alone, but for the great institutions of society as a whole – the family, the schools, the health care system. Through concerted effort, a climate of respect for our own health and that of others can be created. Such a climate must certainly be conducive to reducing and eventually eliminating the needless burden of disease and premature death imposed by cigarette smoking.


Theodore Cooper, M.D.
Assistant Secretary for Health

June 1975

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PREPARATION OF THE REPORT AND ACKNOWLEDGMENTS

Previous Reports

Reviews of the scientific evidence linking smoking to health effects began in 1964 with *Smoking and Health, Report of the Advisory Committee to the Surgeon General of the Public Health Service* or as subsequently referred to “the Surgeon General’s Report.” After this report, Public Law 89-92 was passed requiring supplemental reports to Congress on this subject. In compliance, three reports were submitted:

1. *The Health Consequences of Smoking, A Public Health Service Review: 1967.*
2. *The Health Consequences of Smoking, 1968 Supplement to the 1967 PHS Review.*
3. *The Health Consequences of Smoking, 1969 Supplement to the 1967 PHS Review.*

In April 1970, Public Law 91-222 amended the previous law and called for an updated report on the health effects of smoking no later than January 1, 1971, with annual reports thereafter. *The Health Consequences of Smoking, A Report of the Surgeon General: 1971*, a comprehensive review of all the scientific literature available to the National Clearinghouse for Smoking and Health and with emphasis on the most recent additions to the literature, was that updated report. Since then, the following annual reports on the health consequences of smoking have been submitted:

1. *The Health Consequences of Smoking, A Report of the Surgeon General, 1972.*
2. *The Health Consequences of Smoking, 1973.*
3. *The Health Consequences of Smoking, 1974.*

Each report since the original “Surgeon General’s Report” has reviewed the scientific literature relevant to the association between

smoking and cardiovascular diseases, non-neoplastic bronchopulmonary diseases, and cancer. Smoking as related to the following diseases and conditons has been reviewed periodically in the reports:

Pregnancy (1967, 1969, 1971, 1972, 1973)

Peptic Ulcer Disease (1967, 1971, 1972, 1973)

Noncancerous Oral Disease (1969)

Tobacco Amblyopia (1971)

Allergy (1972)

Public Exposure to Air Pollution From Tobacco Smoke
(1972)

Harmful Constituents of Cigarette Smoke (1972)

Pipe and Cigar Smoking (1973)

Exercise Tolerance (1973)

The 1975 Report

The present document, *The Health Consequences of Smoking, 1975*, begins with an overview of the health consequences of smoking and contains the current data on relationships between smoking and cardiovascular diseases, non-neoplastic bronchopulmonary diseases, and cancer. A fourth chapter, "Involuntary Smoking," reviews the effects to nonsmokers of exposure to smoke-filled environments. Although emphasis is on the latest additions to the literature, where necessary to provide the background or framework, research from earlier years is included.

This report was prepared by the staff of the National Clearinghouse for Smoking and Health in the following way:

1. The Technical Information Center of the Clearinghouse continually monitors and collects the scientific literature on the health consequences of smoking through several established mechanisms:
 - a. An information science corporation is on contract to extract articles on smoking and health from the scientific literature of the world.
 - b. The National Library of Medicine, through the MEDLARS system, provides a monthly listing of articles on smoking and health. Articles not provided by the information science corporation are ordered.

- c. Staff members review current medical literature and identify pertinent articles.
2. The literature was reviewed by the Medical Staff Director who wrote first drafts for this report. These drafts were sent to reviewers for criticism and comment regarding the format, the appropriateness of the articles selected for discussion, and the conclusions. The final drafts of the total report were reviewed by the Director of the National Clearinghouse for Smoking and Health, the Director of the National Cancer Institute, the Director of the National Institute of Environmental Health Sciences, the Director of the National Heart and Lung Institute, and by additional experts both inside and outside the Public Health Service.

ACKNOWLEDGEMENTS

The National Clearinghouse for Smoking and Health, Daniel Horn, Ph.D., Director, and Charles A. Althafer, Acting Director, are responsible for the preparation of this report. Medical Staff Director for the report was David M. Burns, M.D. Consulting editors were Elvin E. Adams, M.D., Daniel P. Asnes, M.D., John H. Holbrook, M.D., Paul Schneiderman, M.D., and H. Stephen Williams, M.D. Technical Editor was Priscilla B. Holman, and Technical Information Officer responsible for the literature collection was Donald R. Shopland.

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