

The  
Health Consequences  
of  
SMOKING

A Reference Edition

**Selected Chapters From 1971 Through 1975 Reports  
With Cumulative Index For All Reports  
1964-1975**

**U.S. Department of Health, Education, and Welfare  
Public Health Service  
Center for Disease Control  
Atlanta, Georgia 30333**

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Honorable Thomas P. O'Neill  
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 (Public Law 91-222), enclosed is the 1976 Report to Congress on the Health Consequences of Smoking.

This year's report includes the "Bibliography on Smoking and Health - 1975," the official abstract bulletin of the National Clearinghouse for Smoking and Health, Bureau of Health Education, Center for Disease Control, Public Health Service. It presents the scientific information published since last year's report to Congress. Also part of this year's report is "The Health Consequences of Smoking, a Reference Edition," a compilation of selected chapters from previous reports to Congress. This reference edition was prepared to emphasize the fact that the major health risks from smoking are known and that recent scientific information refines the understanding of these relationships. Without doubt, cigarette smoking is a cause of cardiovascular disease, various types of cancer, and respiratory disease. Its toll in illness and premature death is needless and preventable.

Because of my strong commitment in reducing the morbidity and mortality which result from smoking, the Department is conducting a major review of its programs in this field in order to introduce administrative and legislative proposals to combat this problem.

Sincerely,

Joseph A. Califano, Jr.

Enclosure

## PREFACE

The health consequences of cigarette smoking are well established and have been clearly understood for several years. The causal relationships between cigarette smoking and an excess risk of developing cardiovascular disease, respiratory tract cancers, and chronic obstructive lung disease, as well as the risk to the fetus, are well documented and accepted by the scientific and health communities.

For the past several years, new additions to the literature have substantiated these risks and further explained the mechanisms by which smoking produces disease, disability, and death; however, research has identified no new major health risks. Therefore, it seems appropriate at this time to prepare a reference document reviewing the full range of health hazards due to smoking.

This reference report consists of selected chapters from previous reports to the U.S. Congress which present summations of the known health hazards from smoking. Because the 1971 report was a review of all information on smoking and health at that time, no chapters were included from reports prior to that time. This reference, coupled from the annual Bibliography on Smoking and Health, represents a complete description of major smoking and health information.

The scientific evidence is clear and unavoidable, and the important task now is to convert this knowledge into programs for reducing and eliminating the preventable death and disability related to the smoking habit.

Theodore Cooper, M.D.  
Assistant Secretary for Health

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## Previous Public Health Service Reports on Smoking and Health

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.
4. The Health Consequences of Smoking, 1975.

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 conditions has been reviewed periodically in the reports:

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

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

Public Exposure to Air Pollution from Tobacco Smoke (1972, 1975)

Noncancerous Oral Disease (1969)

Tobacco Amblyopia (1971)

Allergy (1972)

Harmful Constituents of Cigarette Smoke (1972)

Exercise Performance (1973)

Pipe and Cigar Smoking (1973)

Overview: The Health Consequences of Smoking (1975)

## ACKNOWLEDGMENTS

Preparation of this reference edition, *The Health Consequences of Smoking*, was the responsibility of the National Clearinghouse for Smoking and Health; Charles A. Althafer, Acting Director; David M. Burns, Medical Staff Director; Priscilla B. Holman, Technical Editor; Donald R. Shopland, Technical Information Officer.

Individual chapters comprising this reference volume are from reports which were prepared under the direction of Daniel Horn, Ph.D., Director of the Clearinghouse, currently on assignment to the World Health Organization.

The following persons served as medical staff directors or consultants for the preparation of the reports whose chapters are included in this reference edition: Elvin E. Adams, M.D.; Daniel P. Asnes, M.D.; David M. Burns, M.D.; David G. Cook, M.D.; John H. Holbrook, M.D.; Paul Schneiderman, M.D.; and H. Stephen Williams, M.D.

The following persons provided assistance and advice for the preparation of reports whose chapters are included in this reference edition.

### Reviewers<sup>1</sup>

- Anderson, William H., M.D. – Chief, Pulmonary Disease Section, University of Louisville, School of Medicine, Louisville, KY.
- Anthonisen, Nicholas R., M.D., Ph.D. – Director, Respiratory Division for the Health Sciences Center, Winnipeg General Hospital, Winnipeg, Canada.
- Auerbach, Oscar, M.D. – Senior Medical Investigator, Veterans Hospital, East Orange, NJ.
- Ayres, Stephen M., M.D. – Professor and Chairman, Department of Internal Medicine, St. Louis University Medical School, St. Louis, MO.
- Baker, Carl, M.D. – Director, Program Policy Staff, Health Resources Administration, U.S. Department of Health, Education, and Welfare, Washington, D.C.
- †Bellet, Samuel, M.D. – Director, Division of Cardiology, Philadelphia General Hospital, Philadelphia, PA.
- Bing, Richard J., M.D. – Visiting Associate in Biomedical Engineering, California Institute of Technology, Pasadena, CA.
- Bock, Fred G., Ph.D. – Director, Orchard Park Laboratories, Roswell Park Memorial Institute, Orchard Park, NY.
- Boren, Hollis, M.D. – Professor of Medicine, University of South Florida Medical Center, Tampa, FL.
- Boutwell, Roswell K., M.D. – Professor of Oncology, McArdle Laboratory for Cancer Research, University of Wisconsin, Madison, WI.
- Bross, Irwin, M.D. – Director of Biostatistics, Roswell Park Memorial Institute, Buffalo, NY.

---

<sup>1</sup>Current addresses.

†Deceased.



- Cooper, Theodore, M.D.** – Assistant Secretary for Health, U.S. Department of Health, Education and Welfare, Washington, DC.
- Cornfield, Jerome** – Research Professor of Biostatistics, University of Pittsburgh Graduate School of Public Health, Biostatistics Project, Bethesda, MD.
- Earl, Christopher J., M.D.** – National Hospital, London, England.
- Epstein, Frederick H., M.D.** – University of Zurich, Zurich, Switzerland.
- Falk, Hans L., Ph.D.** – Associate Director for Program, National Institute of Environmental Health Sciences, National Institutes of Health, Research Triangle Park, NC.
- Farr, Richard, M.D.** – Director, Department of Medicine, Section of Allergy and Clinical Immunology, National Jewish Hospital and Research Center, Denver, CO.
- Ferris, Benjamin G., Jr., M.D.** – Professor, Department of Physiology, Harvard School of Public Health, Boston, MA.
- Finklea, John F., M.D.** – Director, National Institute for Occupational Safety and Health, Center for Disease Control, Public Health Service, U.S. Department of Health, Education and Welfare, Rockville, MD.
- Fitzpatrick, Mark J., M.D., M.P.H.** – Fairhaven Medical Associates, Inc., Fairhaven, MA.
- Frazier, Todd M.** – Assistant Director, Harvard Center for Community Health and Medical Care, Harvard School of Public Health, Boston, MA.
- Freston, James, M.D.** – Associate Professor of Medicine; Chairman, Divisions of Gastroenterology and Clinical Pharmacology, University of Utah Medical School, Salt Lake City, UT.
- Goldsmith, John R., M.D.** – Medical Epidemiologist, Epidemiological Studies Laboratory, California State Department of Health, Berkeley, CA.
- Gori, Gio B., Ph.D.** – Deputy Director, Division of Cancer Cause and Prevention, National Cancer Institute, National Institutes of Health, Bethesda, MD.
- Hanna, Michael G., Jr., Ph.D.** – Director of Basic Research, Frederick Cancer Research Center, Frederick, MD.
- Harkavy, Joseph, M.D.** – Clinical Professor of Medicine (Emeritus), the Mount Sinai Medical School of the University of New York, New York, NY.
- Harke, H. -P., Ph.D.** – Forschungsinstitut der Cigarettenindustrie, e.V., Hamburg, Germany.
- Higgins, Ian T. T., M.D., F.R.C.P.** – Professor, Department of Epidemiology, University of Michigan School of Public Health, Ann Arbor, MI.
- Hoffmann, Dietrich, Ph.D.** – Member, and Chief, Division of Environmental Carcinogenesis, Naylor Dana Institute for Disease Prevention, American Health Foundation, Valhalla, NY.
- Israel, Robert A.** – Acting Deputy Director, National Center for Health Statistics, Public Health Service, U.S. Department of Health, Education, and Welfare, Rockville, MD.

---

<sup>†</sup> Current addresses.

<sup>†</sup> Deceased.

**Jennings, Michael, M.D.** – Epidemic Intelligence Service, Center for Disease Control located at Ohio Department of Health, Columbus, OH.

**Keller, Andrew Z., D.M.D., M.P.H.** – Chief, Research in Geographic Epidemiology, Medical Research Service, Veterans Administration Central Office, Washington, DC.

**Kirsner, Joseph, M.D.** – Professor of Medicine, University of Chicago School of Medicine, Chicago, IL.

**Knox, David L., M.D.** – Associate Professor, The Wilmer Ophthalmological Institute, The Johns Hopkins University School of Medicine, Baltimore, MD.

**Kolbye, Albert C., Jr., M.D., J.D.** – Director, Office of Sciences, Bureau of Foods, Food and Drug Administration, U.S. Department of Health, Education and Welfare, Washington, DC.

**Kotin, Paul, M.D.** – Senior Vice President of Health, Safety, and Environment Division, Johns-Manville Company, Denver, CO.

**Krumholz, Richard A., M.D.** – Medical Director, Institute of Respiratory Diseases, Kettering Medical Center, Kettering, OH.

**Lenfant, Claude, J. M., M.D.** – Director, Division of Lung Diseases, National Heart and Lung Institute, National Institutes of Health, Bethesda, MD.

**Liebow, Averill A., M.D.** – Professor and Chairman, Department of Pathology, University of California at San Diego, LaJolla, CA.

**Lilienfeld, Abraham, M.D.** – University Distinguished Service Professor of Epidemiology, Johns Hopkins School of Hygiene and Public Health, Baltimore, MD.

**Lowell, Francis C., M.D.** – Chief, Allergy Unit, Massachusetts General Hospital, Boston, MA.

**MacMahon, Brian, M.D.** – Professor, Department of Epidemiology, Harvard School of Public Health, Harvard University, Boston, MA.

**McLean, Ross, M.D.** – Professor of Medicine and Chief of Pulmonary Services, Bowman Gray School of Medicine, Wake Forest University, Winston-Salem, NC.

**McMillan, Gardner C., M.D.** – Assistant Director for the Etiology of Arteriosclerosis and Hypertension, National Heart and Lung Institute, National Institutes of Health, Bethesda, MD.

**Manning, Kathleen M., R.N.** – Department of Staff Development, Boston City Hospital, Boston, MA.

**Meyer, Mary B., Mrs.** – Assistant Professor of Epidemiology, The Johns Hopkins University, Baltimore, MD.

**Mitchell, Roger S., M.D.** – Chief of Staff, Veterans Administration Hospital, Denver, CO.

**Murphy, Edmond A., M.D.** – Professor of Medicine and Biostatistics, The Johns Hopkins University, Baltimore, MD.

**Nettesheim, Paul, M.D.** – Group Leader, Respiratory Carcinogenesis Group, Biology Division, Oak Ridge National Laboratory, Oak Ridge, TN.

<sup>1</sup>Current addresses.

†Deceased.

- Newill, Vaun A., M.D.** — Executive Office of the President, Office of Science and Technology, Washington, DC.
- Paffenbarger, Ralph S., Jr., M.D.** — Epidemiologist, California State Department of Health, Berkeley, CA.
- Parker, Charles W., M.D.** — Professor of Internal Medicine, Division of Immunology, Washington University Medical School, St. Louis, MO.
- Peters, John M., M.D.** — Associate Professor of Occupational Medicine, Harvard University School of Public Health, Boston, MA.
- Peterson, William F., M.D.** — Chairman, Department of Obstetrics and Gynecology, Washington Hospital Center, Washington, DC.
- Petty, Thomas L., M.D.** — Professor of Medicine; Head, Director of Pulmonary Medicine, University of Colorado Medical Center, Denver, CO.
- Rall, David P., M.D.** — Director, National Institute of Environmental Health Sciences, National Institutes of Health, Research Triangle Park, NC.
- Rauscher, Frank J., M.D.** — Director, National Cancer Program, National Cancer Institute, National Institutes of Health, Bethesda, MD.
- Reinke, William A., Ph.D.** — Professor, Department of International Health, The Johns Hopkins University, Baltimore, MD.
- Renzetti, Attilio D. Jr., M.D.** — Professor of Medicine, and Head, Pulmonary Disease Division, The University of Utah Medical Center, Salt Lake City, UT.
- Ringler, Robert L., Ph.D.** — Deputy Director, National Heart and Lung Institute, National Institutes of Health, Bethesda, MD.
- Robins, Morton, M.D.** Health Consultant, Westat, Inc., Rockville, MD.
- Saffiotti, Umberto, M.D.** — Associate Director, Carcinogenesis Program, Division of Cancer Cause and Prevention, National Cancer Institute, National Institutes of Health, Bethesda, MD.
- Schuman, Leonard M., M.D.** — Professor and Head, Division of Epidemiology, University of Minnesota School of Public Health, Minneapolis, MN.
- Shimkin, Michael B., M.D.** — Professor of Community Medicine and Oncology, School of Medicine, University of California at San Diego, LaJolla, CA.
- Stamler, Jeremiah, M.D.** — Professor and Chairman, Community Health and Preventive Medicine and Dingman Professor of Cardiology, Northwestern University Medical School, Chicago, IL.
- Underwood, Paul B., Jr., M.D.** — Professor, Department of Obstetrics and Gynecology, and Director of Gynecologic Oncology, University of South Carolina Medical School, Charleston, SC.
- Van Duuren, Benjamin L., M.D.** — Professor of Environmental Medicine, Institute of Environmental Medicine, New York University Medical Center, New York, NY.
- Victor, Maurice, M.D.** — Professor, Department Head, Neurology, Case Western Reserve, Cleveland, OH.
- Wynder, Ernest L., M.D.** — President and Medical Director, American Health Foundation, New York, NY.

---

<sup>1</sup>Current addresses.  
†Deceased.

The following staff persons at the National Clearinghouse for Smoking and Health or at the Center for Disease Control contributed to the preparation of one or more reports whose chapters are included in this report:

Richard H. Amacher, Elaine Bratic, Marjorie L. Brighman, Kathryn Carlisle, Emil Corwin, Winthrop N. Davey, M.D., Lillian Davis, Mary E. Dement, Julia M. Fuller, Sandy Harris, Annabel W. Hecht, Gertrude Herrin, Priscilla B. Holman, Robert S. Hutchins, Theresa Klotz, Jennie M. Jennings, Nancy S. Johnston, Sanda Lager, Seth N. Leibler, Ed. D., Rosalie Levine, Mary Mitchell, Dan Nemzer, Mildred Ritchie, James A. Robertson, Donald R. Shopland, Kathleen H. Smith, Elsie Van Valkenburg, and Richard W. White.