

## **Fact Sheet 3—Women Smokers**

### **Facts:**

- Women who smoke are 20% to 70% more likely to develop lung cancer.
- Smoking is the leading cause of preventable death and disease among women.
- Women smokers are more fearful than men of gaining weight.
- Nicotine withdrawal symptoms may vary at different times of the menstrual cycle.
- Responses to medications used to help smokers stop may also differ during the menstrual cycle.
- Women who smoke may reach menopause a year or two earlier than women who don't smoke.
- Many women may enjoy the feeling of control associated with cigarette smoking.
- Women may be more susceptible than men to environmental cues to smoking (such as smoking with specific friends).