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Subject: Tobacco smoking and all-cause mortality in a large Australian cohort study_ findings from a mature epidemic with current low smoking prevalence _ BMC Medicine _ Full Text.pdf

Smoking kills 2 in every 3 users

Smokers lose 10 years off a normal non smoker lifetime

<https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-015-0281-z>

Results

Overall, 5,593 deaths accrued during follow-up (874,120 person-years; mean: 4.26 years); 7.7% of participants were current smokers and 34.1% past smokers at baseline. Compared to never-smokers, the adjusted RR (95% CI) of mortality was 2.96 (2.69–3.25) in current smokers and was similar in men (2.82 (2.49–3.19)) and women (3.08 (2.63–3.60)) and according to birth cohort. Mortality RRs increased with increasing smoking intensity, with around two- and four-fold increases in mortality in current smokers of ≤ 14 (mean 10/day) and ≥ 25 cigarettes/day, respectively, compared to never-smokers. Among past smokers, mortality diminished gradually with increasing time since cessation and did not differ significantly from never-smokers in those quitting prior to age 45. Current smokers are estimated to die an average of 10 years earlier than non-smokers.

Conclusions

In Australia, up to two-thirds of deaths in current smokers can be attributed to smoking. Cessation reduces mortality compared with continuing to smoke, with cessation earlier in life resulting in greater reductions.