Until cigarettes are eliminated, the ACS said in its 1983 report, "even the best efforts to clean up the air would also help, some of those experts say.

But putting an end to smoking remains the primary task, according to pulmonologist Dr. James Lutschg. The job is especially tough because the tobacco industry spends a lot of money trying to make cigarettes appear glamorous and necessary part of a modern lifestyle, Lutschg said.

However, more individuals seem to be taking note of this message. The proportion of adult smokers in the U.S. population has decreased from 32 percent to 28.9 percent. Still, more than 40 million adults smoke in the U.S., according to Currents.

"At the same time, however, the average smoker appears to be smoking more heavily," the ACS said in its 1983 "Cancer Facts and Figures" booklet.

"Unfortunately, we're beginning to wake up," Lutschg said. "Unfortunately, we're seeing more smoking among women and blacks and lesser educated males - all these are groups who are being promised a better life that is not there.

"Certainly, being physically active is important as far as cardiovascular health is concerned," he said. "You have to consider all the risk factors. If you make several of the risk factors better, there will be a benefit."

People who switch to lower tar cigarettes in place of quitting are fooling themselves, Lutschg said.

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