


BE SMOKE FREE CUT YOUR CANCER RISK

cruk.org



CANCER
RESEARCH
UK





**As many as 2 out of 3
long-term smokers die
from smoking-related
illnesses, including cancer,
heart and lung diseases.**

**But it is never too late to
stop. Giving up is the best
thing you can do for your
health – and it will
save you money.**

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**In this leaflet, you can find out
more about:**

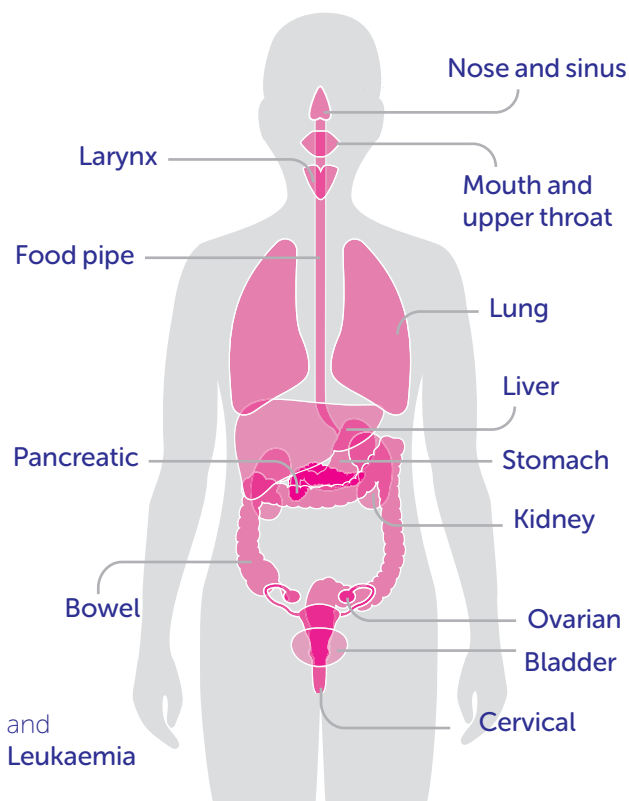
- what smoking does to your body
- how you can give yourself the best chance of quitting.

Smoking affects more than just your lungs

Smoking causes most lung cancers in the UK. But it causes many other cancers too.

When you breathe in tobacco smoke, the harmful chemicals are swallowed or carried in the blood to other parts of the body where they can cause cancer.

Smoking causes at least 14 types of cancer:







Smoking is also dangerous for those around you

Breathing in second-hand smoke also causes cancer. And it's especially important to quit if you're pregnant as smoking can put the health of your unborn baby at risk.




What is in cigarette smoke?

At least 70 of the thousands of chemicals in tobacco smoke are known to cause cancer, including:

-  **arsenic:** one of the most dangerous poisons in cigarettes
-  **benzene:** well-established as a cause of cancer
-  **formaldehyde:** normally used to preserve dead bodies
-  **polonium-210:** a radioactive chemical

Years of research have shown that these chemicals cause cancer by damaging cells and making them grow out of control.

The benefits of quitting

-  **Quitters can gain up to 10 years of life**
The earlier you quit the better.
-  **Those around you will be healthier**
Second-hand smoke is especially dangerous for children.
-  **You will save money**
Smoking 20 a day for 20 years could cost you around £60,000 at current prices.



Giving up for good

It is important to give up smoking completely rather than just cut down, to really improve your health. Cutting down steadily before quitting with the help of nicotine replacement therapy is an option, but it's best to set a quit date and stick with it.

Nicotine-replacement therapy (like patches, gum, nasal spray or inhalators) is available on prescription or you can buy it. It can improve your chances of quitting but it's important to follow the instructions. If you have any concerns, talk to your doctor.

Giving up can feel like a big hurdle but you will get there, just keep trying. There are people who want to help you. With the support from the NHS Stop Smoking Services you're around 3 times more likely to quit – and it's free.



Go to www.nhs.uk/smokefree, talk to your doctor or call:

England: 0800 022 4 332

Wales: 0800 169 0 169

Scotland: 0800 84 84 84

Northern Ireland: 0808 812 8008

My life and health have definitely changed for the better since I stopped smoking.



Gower Tan

Volunteer Cancer Campaigns Ambassador

Gower stopped smoking after his father died and now runs marathons to support Cancer Research UK.

“Having watched my father die of lung cancer, aged just 66, I’m proud to have broken free of my smoking addiction that started when I was 13. It took many attempts to stop smoking but I eventually kicked the habit. I used to be constantly thinking about when I’d be able to have my next cigarette but now my life and health have definitely changed for the better.”

E-cigarettes have the potential to help quitters but more evidence is needed

E-cigarettes do not contain tobacco so they are almost certainly safer than cigarettes. Some research has found e-cigarettes may help people quit smoking. But we don’t yet know as much about their safety and effectiveness compared to established treatments from NHS Stop Smoking Services. And support from these services still gives you the best chance of success.

There's no safe way to use tobacco

Tobacco is dangerous whether it's in cigarettes, menthols, pipes or cigars. Roll-ups are no safer than manufactured cigarettes.

Smokeless tobacco can increase the risk of mouth, oesophageal (food pipe) and pancreatic cancer. Smokeless tobacco products include chewed, sucked or sniffed tobacco. Not only is smokeless tobacco as addictive as cigarettes, it contains many of the same cancer-causing chemicals too.

Chewing betel quid (paan or supari), with or without tobacco causes cancer of the oesophagus, mouth and upper throat.

Smoking shisha is not a safe alternative

Although shisha (also called hookah or waterpipe) is usually flavoured, it still contains tobacco. Smoking shisha is linked to an increased risk of lung cancer and possibly other cancers too.



Further information

For more about healthy choices that could reduce cancer risk, visit www.cruk.org/health

You can find out more about cancer at www.cruk.org/about-cancer

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**, Monday to Friday, 9am to 5pm.

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at www.cruk.org/leaflets

About Cancer Research UK

We pioneer life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers.

Together we will beat cancer sooner. If you want to join the fight, call **0300 123 1861** or visit our website www.cruk.org

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