

tobacco use and cancer



Cigarette smoking is linked to 30% of all cancer deaths

Smoking damages every organ in the human body and is linked to 15 different types of cancer:

larynx (voice box)

**oral cavity
(mouth, tongue, and lips)**

pharynx (throat)

**esophagus
(tube connecting throat/stomach)**

stomach

pancreas

cervix

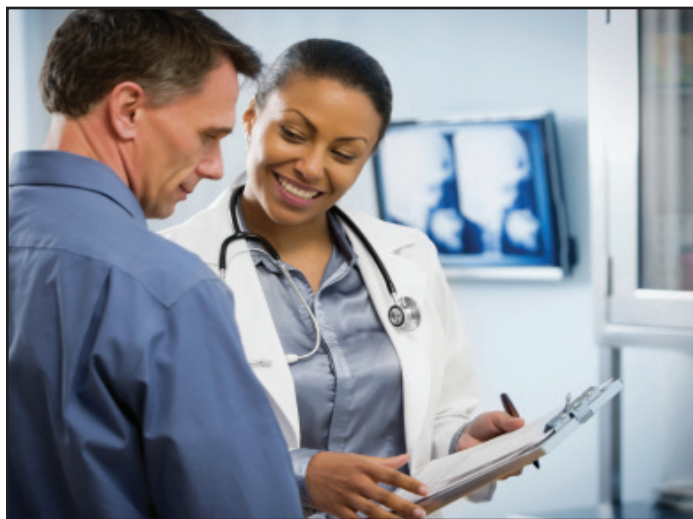
kidney

bladder

acute myeloid leukemia

lung

did you know?



- Smoking is responsible for almost 9 out of 10 lung cancer deaths.
- Lung cancer is the leading cause of cancer death in both men and women, and is one of the hardest cancers to treat
- Your risk of having lung cancer and other smoking-related cancers depends on how much you have been exposed to cigarette smoke over your lifetime. There is no way to precisely measure a person's risk of getting cancer, but the more you smoke and the longer you do it, the greater your risk.
- The risk of lung cancer is less in people who quit smoking than in people who keep smoking the same number of cigarettes every day. The risk decreases as the number of years since quitting increases.
- Those who quit in their 30s may avoid most of the risk due to tobacco use. But even smokers who quit after age 50 largely reduce their risk of dying early. The argument that it is too late to quit smoking because the damage is already done is not true. It is never too late to quit smoking!



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www.lexingtonhealthdepartment.org

Secondhand smoke may be linked to breast cancer



- Secondhand smoke is classified as a “known human carcinogen” (cancer-causing agent)

- Tobacco smoke contains over 4,000 chemical compounds. More than 60 of these are known or suspected to cause cancer

- A report from the California Environmental Protection Agency in 2005 concluded that the evidence regarding secondhand smoke and breast cancer is “consistent with a causal association” in younger women.

- The Commonwealth of Kentucky has a disproportionately high incidence of lung cancer. Mortality from lung cancer exceeds the deaths from breast, colorectal, prostate and pancreatic cancer, combined

- Quitting smoking substantially reduces the risk of developing and dying from cancer, and this benefit increases the longer a person remains smoke free.

- The risk of premature death and the chance of developing cancer due to cigarettes depend on the number of years of smoking, the number of ciga-

rettes smoked per day, the age at which smoking began, and the presence or absence of illness at the time of quitting.

- There are many reasons that people diagnosed with cancer should quit smoking. For those having surgery or other treatments, quitting smoking helps improve the body’s ability to heal and respond to the cancer treatment, and it lowers the risk of pneumonia and respiratory failure. Also, quitting smoking may lower the risk of the cancer returning or a second cancer forming.

- Cigarette smoking causes lung cancer and is the major risk factor for lung cancer. In the United States, about 90% of lung cancer deaths in men and almost 80% of lung cancer deaths in women are due to smoking.

- People who smoke are 10 to 20 times more likely to get lung cancer or die from lung cancer than people who do not smoke. The longer a person smokes and the more cigarettes smoked each day, the more risk goes up.

- Lung cancer was uncommon before the advent of cigarette smoking.

Sources:

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

www.cancer.org

Lexington-Fayette County Health Department
Community Education Program
Tobacco Division
2433 regency Road
Lexington, KY 40503
Phone: (859) 288-2446

Kentucky Quit Line (1-800-QUIT NOW)
Cooper Clayton Method to Stop Smoking
www.becomeanex.org