



Tobacco and Cancer Fact Sheet

About Tobacco and Your Health

There is no safe way to use tobacco. The tobacco in cigarettes, cigars, pipes, and chew is made from dried tobacco leaves. Tobacco smoke is made up of thousands of chemicals, and many are known to cause heart disease, lung disease, and cancer. Breathing in even small amounts of tobacco smoke can be harmful. E-cigarettes, or vaping devices, do not give off smoke or contain tobacco, but they can contain nicotine that comes from tobacco. The longer someone uses a tobacco product, the more risk they have of being harmed from it.

Cancer Risk

Because there are substances in tobacco that can cause cancer, people who smoke cigarettes, cigars, and pipes can have a higher risk of certain cancers. Using smokeless tobacco, called chew, spit, or dip, can also cause certain cancers. Some cancers caused by using tobacco include:

- [Lung](#)
- [Mouth, larynx, throat, esophagus](#)
- [Cervix](#)
- [Kidney, liver, bladder, pancreas, stomach, colon, rectum](#)
- [Acute myeloid leukemia](#)

Breathing in tobacco smoke, called secondhand smoke, can also increase the risk for lung cancer as well as lung and heart diseases.

Lowering Tobacco-related Cancer Risks

Avoiding all tobacco products or quitting them, and staying away from tobacco smoke can lower a person's risk for health problems, including certain cancers. Making cars, homes, workplaces, and other buildings smoke free can help people avoid exposure, too.

People who quit at any age are more likely to live longer than people who keep using tobacco. The sooner a person quits, the more they can help lower their risk of getting certain cancers and keep other people safe, too.

Quitting Tobacco

Quitting tobacco can be difficult. There are different ways to quit, and a combination of ways usually works better than others. Nicotine replacement therapy (NRT), prescription medicines, and counseling have all helped people quit and stay tobacco free. A person who smokes can talk to their doctor about the quit plan that will work best for them.

All US states have telephone quitlines. Also, some private and public health insurance plans cover some of the costs for people who want to quit tobacco.

To learn more, visit www.cancer.org/healthy/stay-away-from-tobacco.html.



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