

American Cancer Society Circle Of LifeSM: Cancer Education and Wellness

Commercial Tobacco Use Fact Sheet

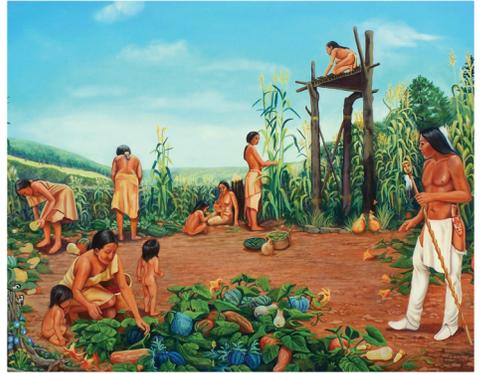


Photo courtesy of Marcine Quenzer

Tobacco and Cancer

Most people know that smoking commercial tobacco can cause lung cancer, but few know it's also a risk factor for many other kinds of cancer. It's linked to cancer of the mouth, voice box (larynx), throat, swallowing tube (esophagus), bladder, kidney, pancreas, cervix, stomach, and some leukemias. It's also linked to a lot of other health problems, from heart disease to stroke. There is no safe way to use commercial tobacco. Cigars, pipes, spit, and other types of smokeless tobacco all pose serious health risks. That's why quitting tobacco is one of the most important things you can do to help avoid lung cancer and many other kinds of cancer.

Commercial Cigarettes

- Smoking causes 1 in 5 deaths and millions of illnesses every year in the United States.
- Cigarette smoking accounts for at least $\frac{1}{3}$ of all cancer deaths.

Cigars

- One large cigar can contain as much tobacco as an entire pack of cigarettes.
- Small cigars are sold in packs like cigarettes, and can be flavored to appeal to children. Many people smoke them habitually, like cigarettes

Spit Tobacco

- Smokeless tobacco contains chemicals known to cause cancer.

Electronic Cigarettes

- E-cigarettes are designed to look like cigarettes, right down to the glowing tip. When the smoker puffs on it, the system delivers a mist of liquid, flavorings, and nicotine that looks something like smoke.
- Some people think e-cigarettes can be used to help them give up tobacco.
- There are questions about how safe it is to inhale some substances in the e-cigarette vapor into the lungs. And e-cigarettes are not labeled with their ingredients, so the user doesn't know what's in them.
- The American Cancer Society doesn't yet know whether e-cigarettes are safe and effective; we cannot recommend them to help people quit smoking.

Here are a few tips that will help you in your efforts to quit:

- Make the decision to quit – make a list of all the reasons you want to stop using tobacco. Keep it with you and look at it often.
- Set a quit date and choose a quit plan that will work for you.
- Find ways to deal with the physical and emotional symptoms that may occur from quitting by calling 1-800-QUIT NOW.
- Stay quit by asking your family and friends for their help and support.

If you would like more information on commercial tobacco use or quitting, please visit cancer.org or call 1-800-227-2345.



cancer.org | 1.800.227.2345