

Giving up for good

Giving up can feel like a big hurdle, but there are many ways to make it easier.

For your health it's important to give up smoking rather than just cut down. The damage caused by smoking builds up over time, and we know that smoking five cigarettes a day for 20 years is even worse for you than smoking 10 a day for 10 years.

Get professional help

There is good evidence that going to stop smoking groups, having one-to-one counselling or using a telephone helpline all significantly improve your chances of quitting smoking. For help quitting you can call **Quitline** free on **0800 00 22 00**.

Control your withdrawal symptoms

Nicotine replacement therapy (NRT) helps reduce the urge to smoke. Evidence shows that using NRT nearly doubles your chance of quitting.

Your doctor can give you advice on products that can help you to quit.



Focus on the positives



Non-smokers live 10 years longer than life-long smokers

The earlier you quit, the more damage you can undo.

Those around you will be healthier

Breathing in second-hand smoke increases the risk of developing cancers of the lung and bladder. Children are especially vulnerable to the effects of smoke.

You will save money

Smoking 20 a day costs around £2,000 a year.

Public places and workplaces are now smokefree

Many thousands of people have stopped smoking because of the ban. The ban will prevent an estimated 40,000 deaths over the next 10 years.



CANCER RESEARCH UK



Further information

About smoking and cancer

For more about smoking and the science behind our messages visit www.cancerresearchuk.org/health

For support to give up smoking call

0800 022 4 332 – England

0800 84 84 84 – Scotland

0800 169 0 169 – Wales

0800 85 85 85 – Northern Ireland

About cancer

For information about living with cancer visit www.cancerhelp.org.uk

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 8004040**.

Order more leaflets

You can order our full range of leaflets free online at www.cancerresearchuk.org/leaflets

Support Cancer Research UK

If you would like to support our work please call **020 7121 6699** or visit www.cancerresearchuk.org

Together we will beat cancer

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Be a non-smoker, cut your cancer risk





Smoking is the single biggest cause of cancer in the world. It causes more than a quarter of all cancer deaths in the UK. Smokers not only die younger, they are also more likely to suffer from a wide variety of illnesses at an earlier age.

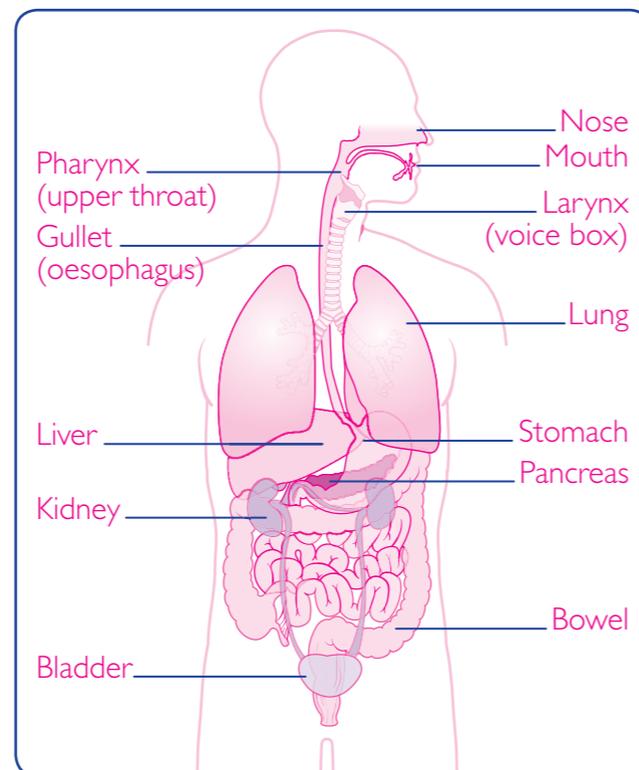
The longer you smoke the more damage it does, so the sooner you stop the better. But it is never too late to stop. Your health will start improving from the moment you quit. Giving up tobacco will make you healthier and fitter – and save you money.

In this leaflet, you can find out more about what smoking does to your body, and how you can give yourself the best chance of quitting.



Smoking affects more than just your lungs

Smoking causes almost nine out of 10 cases of lung cancer in the UK. But the harmful chemicals in tobacco smoke reach these other parts of the body where they can cause cancer too:



Smoking also increases the risk of a cancer of the blood called acute myeloid leukaemia and of cervical cancer in women.

Why does smoking affect these parts of the body?

Breathing in smoke

When you draw on a cigarette, the smoke enters the mouth and nose. It travels past the voice box, down the throat and into the lungs, increasing the risk of cancer in all these parts of the body.

Swallowing smoke

Although most smoke is breathed into the lungs, some is always swallowed. The smoke travels down the gullet into the stomach. This can cause cancer of these parts of the digestive system.

Chemicals travelling in the bloodstream

Chemicals from smoke enter the blood and travel around the body. This can cause cancer in other parts of the body, for example the pancreas, cervix or liver.

Chemicals leaving the body

The kidneys filter blood to remove unwanted chemicals from the body. The chemicals from cigarette smoke eventually become part of the urine, which passes to the bladder before leaving the body. Both kidney and bladder cancer can be caused by smoking.



What is in cigarette smoke?

The smoke from cigarettes, pipes and cigars contains a cocktail of thousands of chemicals.

Around 70 of the chemicals in tobacco smoke are known to cause cancer, including:

- **benzene** – a solvent used in chemical manufacture
- **formaldehyde** – used to preserve dead bodies
- **nitrosamines** – a group of chemicals used in pesticides
- **benzopyrene** – a hazardous substance used to preserve wood
- **polonium-210** – a radioactive chemical that is very poisonous.

Years of research have shown that these chemicals damage the cells of our bodies and make them grow out of control, causing cancer.

‘Given the range of poisons in tobacco smoke, the amazing thing is not that half of smokers are killed by them, it’s that half of them are not’

Sir Richard Peto,
Cancer Research UK scientist