



Beyond Lung Cancer

The risk of cancer from smoking is not limited to the lungs. It can cause cancer almost anywhere in the body. Cigarette smoking causes cancer of the mouth and throat, esophagus, stomach, colon, rectum, liver, pancreas, voicebox (larynx), lung, trachea, bronchus, kidney, renal pelvis, urinary bladder, cervix, and causes acute myeloid leukemia.



Health Benefits of Quitting Today

The health benefits of quitting smoking are immediate and long-lasting:

- **20 minutes after quitting:**
Heart rate and blood pressure drop
- **A few days:**
Carbon monoxide level drops to normal
- **2 weeks to 3 months:**
Circulation improves and lung function increases
- **1 to 2 years:**
Risk of heart attack drops dramatically
- **5 to 10 years:**
Risk of cancers of the mouth, throat, and voice box (larynx) is cut in half
- **10 years:**
Risk of lung cancer is about half that of a person who is still smoking
- **15 years:**
Risk of coronary heart disease is close to that of a non-smoker

RESOURCES

Quitting is hard. Remember that the best way to quit is to never start. Fortunately, resources are available for those looking to quit. It's never too late.

Online:

- smokefree.gov
- www.cdc.gov/cancer/lung/basic_info/risk_factors.htm

Telephone (Quitline):

- 1-800-QUIT-NOW (1-800-784-8669)
- 1-855-DÉJELO-YA (1-855-335-3569) (Español)

Text:

- Text QUITNOW to 333888
- Texto DÉJELOYA al 333888 (Español)

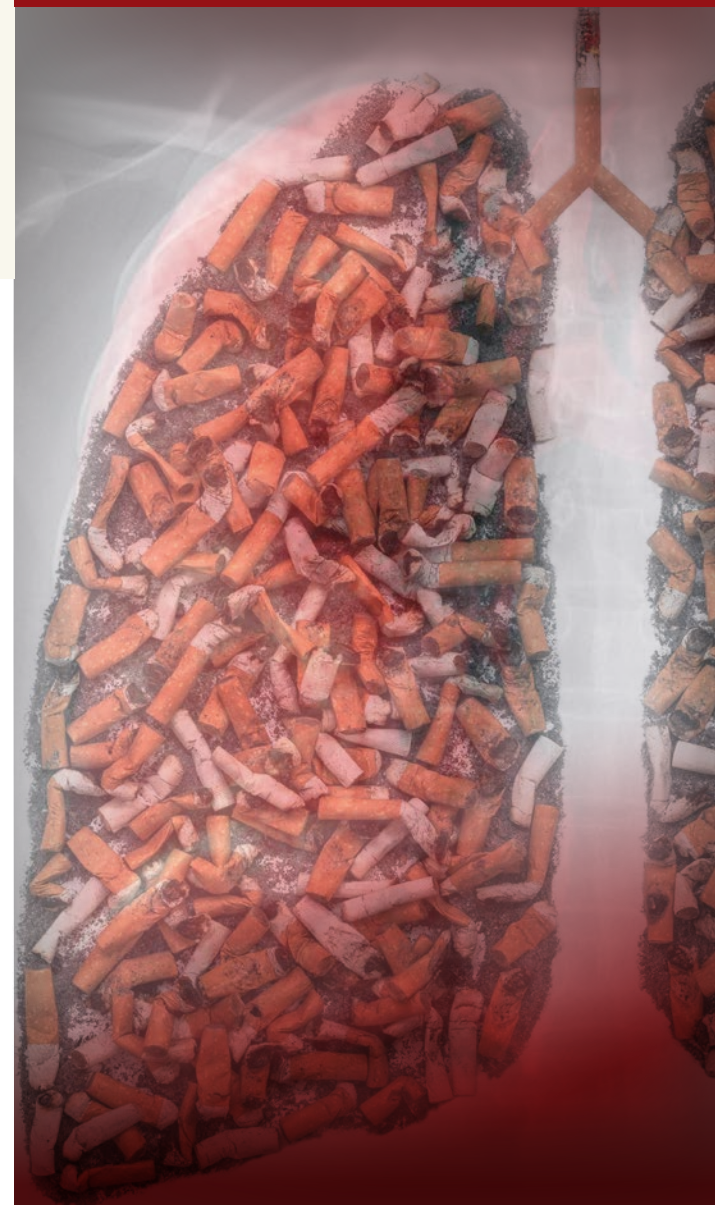
App:

- Download the quitSTART app

>INFOCUS

SMOKING AND LUNG CANCER

facing the facts



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Lung Cancer

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the lungs, it is called lung cancer. Cigarette smoking is the number one cause of lung cancer. Lung cancer also can be caused by using other types of tobacco (such as pipes or cigars), breathing secondhand smoke, being exposed to substances such as asbestos or radon at home or work, having certain gene mutations (unusual changes made when your body's cells are dividing), or having a family history of lung cancer. Lung cancer can happen in people who never smoked or smoked fewer than 100 cigarettes in their lifetime.



Help Quitting

Over-the-counter nicotine replace therapies (NRT) include: skin patches, chewing gum (also called "nicotine gum"), and lozenges. Prescription smoking cessation products that contain nicotine include: nicotine spray and nicotine inhalers. Prescription smoking cessation products that do not contain nicotine: varenicline tartrate, bupropion hydrochloride. To learn more about smoking cessation products and what is best for you, speak with your healthcare professional.



These signs and symptoms can happen with other illnesses, too. If you have some of these signs and symptoms, talk to your doctor, who can help find the cause.

By The Numbers

- Lung cancer is the third most common form of cancer, behind only skin, breast (women) and prostate (men).
- It is the #1 killer among cancers. This is true for both men and women.
- Lung cancer is the second leading cause of death in the United States, behind only heart disease.
- Nearly 200,000 people get diagnosed with lung and bronchus cancer each year.
- In the most recent years approximately 136,000 died of lung cancer.
- For every 100,000 people, 47 new lung and bronchus cancer cases were reported.
- Tobacco smoke is a toxic mix of more than 7,000 chemicals.
- At least 70 of the chemicals in tobacco smoke are known to cause cancer in people or animals.

What Are The Symptoms?

Different people have different symptoms for lung cancer. Some have symptoms related to the lungs, while others, whose lung cancer has spread to other parts of the body (metastasized), have symptoms specific to that part of the body. It's also common to have general symptoms of feeling unwell. Unfortunately, most people with lung cancer don't have symptoms until the cancer is advanced.

Lung cancer symptoms may include:

- Coughing that gets worse or doesn't go away
- Chest pain
- Shortness of breath
- Wheezing
- Coughing up blood
- Feeling very tired all the time
- Weight loss with no known cause

Other changes that can occur with lung cancer include repeated bouts of pneumonia and swollen or enlarged lymph nodes (glands) inside the chest in the area between the lungs.



Smoking and Lung Cancer

Cigarette smoking is the number one risk factor for lung cancer. In the United States, cigarette smoking is linked to about 80% to 90% of lung cancer deaths. Using other tobacco products such as cigars or pipes also increases the risk for lung cancer.

People who smoke cigarettes are 15 to 30 times more likely to get lung cancer or die from lung cancer than people who do not smoke. Even smoking a few cigarettes a day or smoking occasionally increases the risk of lung cancer. The more years a person smokes and the more cigarettes smoked each day, the more risk goes up.

People who quit smoking have a lower risk of lung cancer than if they had continued to smoke, but their risk is higher than the risk for people who never smoked. Quitting smoking at any age can lower the risk of lung cancer.

Secondhand smoke from other people's cigarettes, pipes, or cigars also causes lung cancer.

