

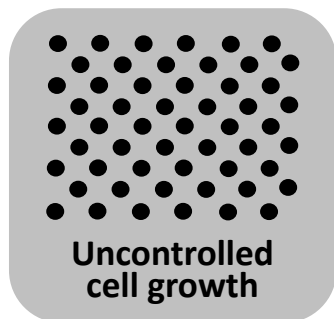
Tobacco Use and Cancer

what's the link?

CAMH Nicotine Dependence Services Fact Sheets

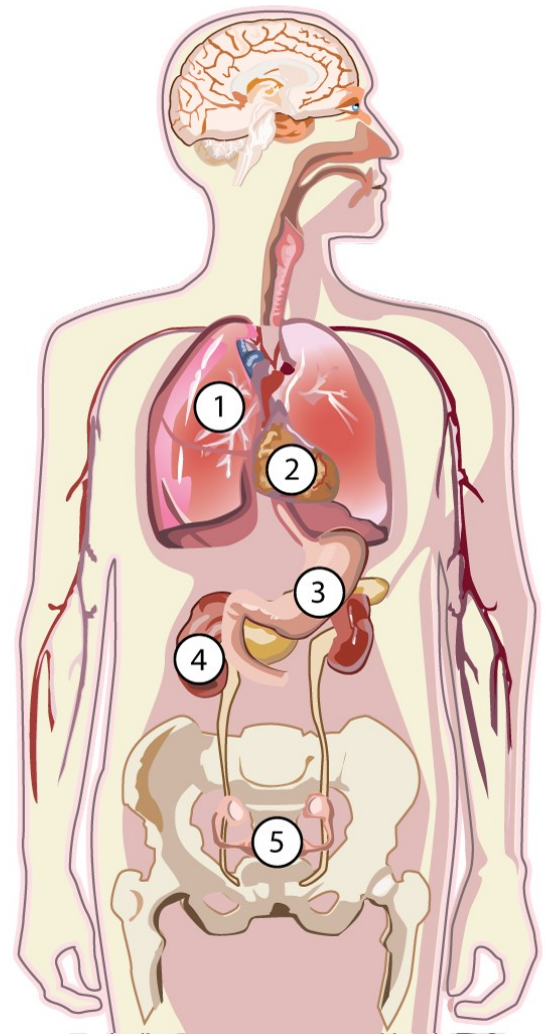
How does tobacco use cause cancer?

Tobacco smoke contains
70+
carcinogens.



Tobacco use is the leading cause of cancer.
It causes cancer in many parts of the body.

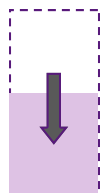
- 1. Respiratory System**
Lungs, nose, voice box
- 2. Circulatory System**
Blood (acute myeloid leukemia)
- 3. Digestive System**
Mouth, esophagus, stomach, liver, pancreas, colon, and rectum
- 4. Urinary System**
Kidney and bladder
- 5. Reproductive System**
Ovarian, cervical, breast, and prostate



How does tobacco use cause cancer? (cont.)

Tobacco use leads to a **25x** greater risk of lung cancer, and **3x** greater risk of mouth cancer.

Why should I quit using tobacco?



Cuts risk of lung cancer by half after 10 years

Better ability to heal

Lowers risks of other cancers

- Lung
- Larynx
- Esophagus
- Pancreas
- Kidney
- Colon & rectum

Improves response to cancer treatment

How can I quit using tobacco?

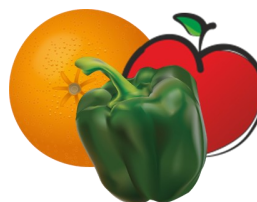
When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

Resources

- [Smoker's Helpline](https://www.1877-513-5333.ca) (1 877 513-5333)
- [Cancer Care Society](https://www.cancer.ca) (cancer.ca)
- [Tobacco Atlas](https://www.tobaccoatlas.org) (tobaccoatlas.org)

camh

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

TOBACCO CESSATION
TEACH
Training Enhancement in Applied
Cessation Counselling and Health
ARRÊT DU TABAGISME