Tobacco Use and Cancer

what’s the link?

CAMH Nicotine Dependence Services Fact Sheets

How does tobacco use cause cancer?

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
Why should I quit using tobacco?

Cuts risk of lung cancer by half after 10 years

Lowers risks of other cancers
- Lung
- Esophagus
- Kidney
- Larynx
- Pancreas
- Colon & rectum

Better ability to heal

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 (1 877 513-5333)
- Cancer Care Society (cancer.ca)
- Tobacco Atlas (tobaccoatlas.org)