

CANCER & TOBACCO USE



What kinds of cancer are caused by tobacco products?

Tobacco use can cause a number of cancers including:

- Lung
- Stomach
- Bladder
- Kidney
- Pancreas
- Cervix
- Colon and rectum
- Liver
- Esophagus
- Oropharynx
- Larynx
- Trachea
- Bronchus

Tobacco products that are smoked, such as cigarettes, aren't the only products that can cause cancer. Smokeless tobacco products can also cause cancer. For example, chewing tobacco can cause oral, esophageal, and pancreatic cancer.

If I use tobacco, how can I be affected by cancer?

- If you smoke cigarettes, you are about 25 times more likely to develop lung cancer than a person who doesn't smoke
- Nine out of 10 lung cancer deaths are due to smoking
- If you smoke cigarettes, you are at risk for not only lung cancer- it's estimated that more than 1.5 million people in the United States are living with cancer other than lung cancer that is due to cigarette smoking
- In this country about 36,000 people die each year from cancer other than lung cancer due to cigarette smoking

If I quit using tobacco, will I reduce my risk of getting tobacco-related cancer?

- Within five years of quitting smoking, your chance of getting cancer of the mouth, throat, esophagus, and bladder is cut in half
- Ten years after quitting smoking your risk of dying from lung cancer drops by half
- When a person living with cancer quits smoking, they can improve the course of their cancer and their chance of survival

I want to quit using tobacco — how do I get started?

- Talk to your VA health care provider about cessation medications and counseling to treat your tobacco use.
- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday–Friday. Available in English & Spanish.
- Sign up for VA's SmokefreeVET text messaging program— text the word **VET** to **47848** (mandar **VETesp** al **47848** para ayuda en español) or visit smokefree.gov/VET.



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Visit mentalhealth.va.gov/quit-tobacco