



Tobacco and Cancer Fact Sheet

About Tobacco and Your Health

There is no safe way to use tobacco. All types of tobacco products contain chemicals that can be harmful to your health. Tobacco smoke is made up of thousands of chemicals, and many are known to cause heart disease, lung disease, and cancer. Breathing in even small amounts of tobacco smoke can be harmful. E-cigarettes, or vaping devices, do not contain tobacco, but they can contain nicotine and give off an aerosol that may contain harmful chemicals. The longer someone uses a tobacco product, the more risk they have of being harmed.

Cancer Risk

People who smoke cigarettes, cigars, and pipes have a higher risk of certain cancers. Using smokeless tobacco, (such as chew, spit, or dip), can also cause certain cancers. Some cancers caused by using tobacco include:

- [Lung](#)
- [Mouth, larynx, throat, esophagus](#)
- [Cervix](#)
- [Kidney, liver, bladder, pancreas, stomach, colon, rectum](#)
- [Acute myeloid leukemia](#)

Breathing in the smoke from someone else's cigarette and the smoke they breathe out (secondhand smoke) can also increase the risk for lung cancer as well as lung and heart diseases.

Lowering Tobacco-related Cancer Risks

You can lower your risk for cancer and other health problems by not using or quitting tobacco products. You should also avoid secondhand smoke. Making cars, homes, workplaces, and other buildings smoke free can help people avoid exposure, too.

People who quit at any age are more likely to live longer than people who keep using tobacco. The sooner a person quits, the more they can help lower their risk of getting certain cancers and keep other people safe, too.

Quitting Tobacco

Quitting tobacco can be hard. There are different ways to quit, and using more than just one of these ways usually works best. Nicotine replacement therapy (NRT), medicines, and counseling have all helped people quit and stay tobacco free. A person who smokes should talk to their doctor about the quit plan that will work best for them.

All US states have telephone quitlines. Also, some private and public health insurance plans cover some or all of the costs for people who want to quit tobacco.

To learn more, visit www.cancer.org/quit tobacco or call your American Cancer Society at **1-800-227-2345**. We're here when you need us.



cancer.org | 1.800.227.2345

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No. 080770 Rev. 12/20
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