



Smoking and Lung Cancer

Smoking greatly affects the lungs and airways. When smoke is inhaled, it travels deep into the lungs. Tobacco smoke is full of chemicals. These chemicals start to hurt your body as soon as they enter your lungs and bloodstream. Cigarette smoke carries more than 4000 chemicals.¹ Many of these chemicals may cause cancer to the lungs or other parts of the body.¹

Smoking is the leading cause of lung cancer¹

Lung cancer:

- Is the leading cause of cancer deaths for men and women^{1,2}
- Causes more deaths than colon, breast, and prostate cancers combined³
- Estimated to cause about 215,020 new cases of cancer in the United States in 2008⁴

Facts about lung cancer

Lung cancer usually begins in the cells that line the lungs.⁴ Early lung cancer may not have any symptoms.⁵ There are 2 main types of lung cancers. Each kind of lung cancer acts and is treated differently.²

Smoking:

- Is the most significant risk factor for lung cancer²
- Causes nearly 90% of lung cancer cases¹

It's never too late to quit smoking

Lung cancer is one of the most preventable cancers.² Quitting smoking is the best way to prevent it. Once you have stopped smoking, your risk of lung cancer decreases. It continues to decrease each year you do not smoke.¹

Quitting lowers your risks—no matter how old you are or how many years that you have smoked. Be around longer for your family. If you haven't done so already, set your quit date and be on your way to better health. And talk to your doctor about how you can quit. Make healthy lifestyle choices. Smoking is not an option.



References:

1. American Lung Association. Facts about lung cancer. November 2006.
<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=35427>. Accessed March 19, 2008.
2. American Cancer Society. Lung cancer. <http://www.cancer.org/downloads/PRO/LungCancer.pdf>. Accessed March 19, 2008.
3. American Lung Association. Lung cancer fact sheet. September 2006.
<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=669263>. Accessed March 19, 2008.
4. National Cancer Institute. Lung cancer. <http://www.cancer.gov/cancertopics/types/lung>. Accessed March 19, 2008.
5. National Cancer Institute. What You Need To Know About™ Lung Cancer.
<http://www.cancer.gov/cancertopics/wyntk/lung/page6>. Accessed March 19, 2008.