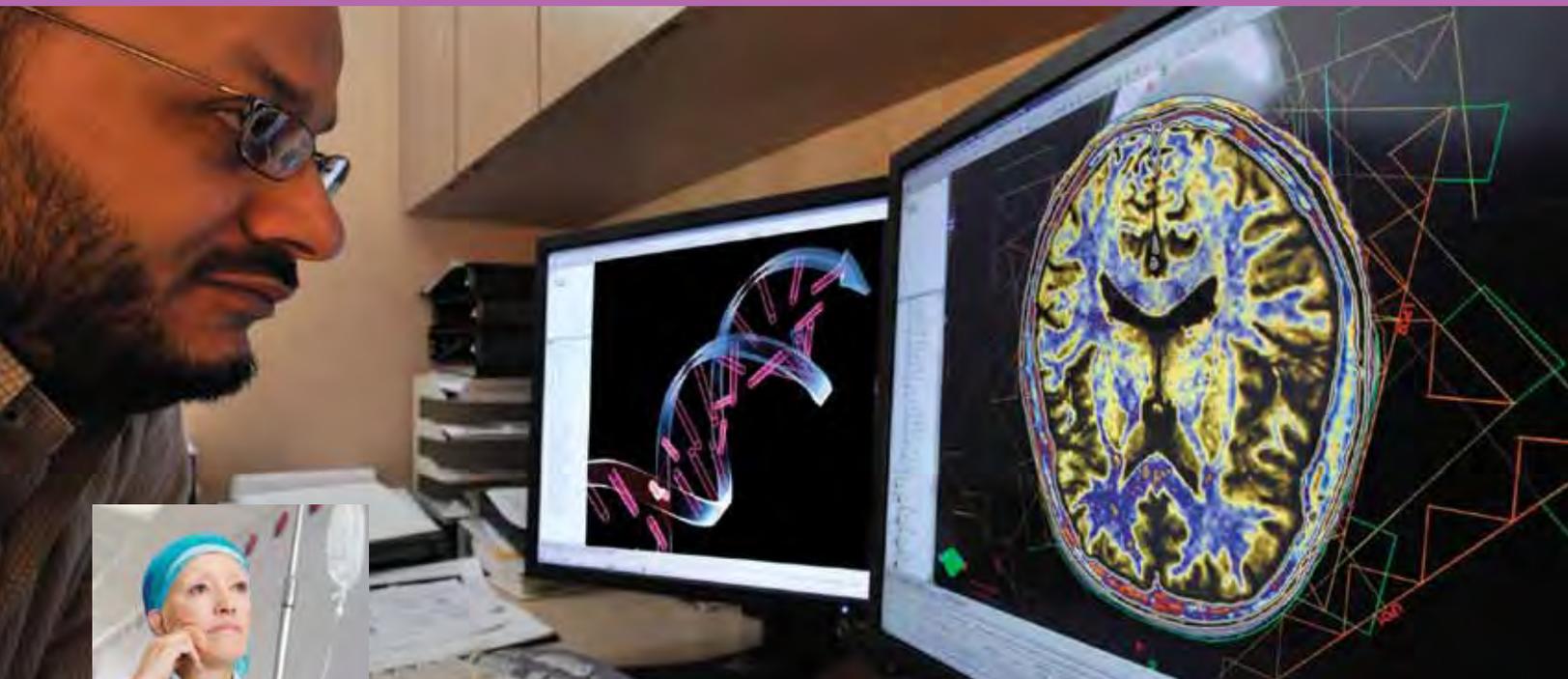


cancer

Smoking can start your body on a path toward cancer.



Every cigarette increases the risk for cancer.

Smoking today can cost you in the future. Once tobacco has damaged

cells, they can grow uncontrollably as cancer. Because cells are tiny, years sometimes pass before you find a lump or your doctor sees a tumor on a scan.

DNA damage leads to cancer.

DNA is the cell's "instruction manual." It controls a cell's normal growth and function. When DNA is damaged, a cell can begin growing out of control and create a cancer tumor. This happens because poisons in tobacco smoke can destroy or change the cell's instructions. The next cigarette you smoke

might damage your DNA in a way that leads to cancer.

Normally, your immune system helps to protect you from cancer. It sends out tumor fighters to attack and kill cancer cells. However, new research shows that the poisons in cigarette smoke weaken the tumor fighters. When this happens, cells keep growing without being stopped. For this reason, *smoking can cause cancer and then block your body from fighting it.*

Breathing tobacco smoke when you already have cancer is especially dangerous. New research shows that tobacco smoke helps tumors grow. It can undo the benefits of chemotherapy. Being smoke-free will help your body heal.

Smoking can cause cancer almost anywhere in your body.

Here are some of the cancers that researchers know smoking causes.

- mouth, nose, and throat
- larynx
- trachea
- esophagus
- lungs
- stomach
- pancreas
- kidneys and ureters
- bladder
- cervix
- bone marrow and blood



Doctors have known for years that smoking causes most lung cancers. Nearly 9 out of 10 men who die from lung cancer smoke. About 3,000 nonsmokers die each year from lung cancer caused by secondhand smoke.

Ten years after you quit smoking, your risk for dying from lung cancer drops by half. And there are benefits of quitting at ANY age. Quitting smoking saves lives.

... what it means to YOU

Within 5 years of quitting, your chance of cancer of the mouth, throat, esophagus, and bladder is cut in half. If nobody smoked, 1 of every 3 cancer deaths in the United States would not happen.



Chemicals in tobacco smoke can start cells throughout your body on a path toward cancer. For example, here's how smoking causes dangerous bladder cancer.

Repeated irritation by cancer-causing chemicals stresses cells in your bladder...



...sometimes causing a tumor to begin...



...and to grow out of control as cancer.

