



Smoking
causes
16 cancers.



If one
doesn't kill
you...



...then you'll
have to live
with it.

Quitting is the one clear way to reduce your risk.



Get support and advice at Quit16.co.uk
#Quit16



Smoking tobacco causes 16 types of cancer.

More than 1 in 4 cancer deaths in the UK are caused by smoking. You might know smoking causes lung cancer, but it also causes cancers of the mouth, nasal cavities, pharynx and larynx, stomach, kidney, bowel, liver, pancreas, ureter, oesophagus, cervix, bladder and ovaries as well as myeloid leukemia.

Whether you smoke cigarettes or roll ups, you breathe in more than 5000 chemicals, including dozens known to cause cancer, like arsenic and formaldehyde. These enter your lungs and spread through your body, causing mutations in cells. Just 15 cigarettes can cause one of these mutations which could lead to a cell turning cancerous.

This is why it's important to give up smoking sooner rather than later.

Just give quitting a go!

Stopping smoking can make a massive improvement to your lifestyle and health. Some of the benefits are immediate and some are longer-term. Someone smoking 12 a day could save around £1660 a year by quitting.

Even if you've tried before, it can take some people several goes. Getting the right support can also help. Ask about quitting at your pharmacy, GP surgery, or call your local Stop Smoking Service. All services also offer support if you're using your own electronic cigarette to quit.

Live Well Gateshead 0800 014 9092

South Tyneside 0191 424 7300

Sunderland Freephone 0800 531 6317

Northumberland 01670 813 135

North Tyneside 0345 2000 101

Newcastle 0191 269 1103

County Durham 0800 011 3405

Tees (Middlesbrough, Redcar and Cleveland, Stockton and Hartlepool)

01642 383 819

Darlington 0300 123 1044

(national quitline only)

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