





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.



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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.

**Yorkshire Smokefree –
Barnsley, Calderdale, Doncaster, Kirklees,
Rotherham, Sheffield, Wakefield**
landline 0800 612 0011
mobile 0330 660 1166

Leeds – Leeds Let's Change
0800 169 4219

Bradford – Bradford Stop Smoking Service
01274 437 700

Smokefreelife North Yorkshire –
01609 663 023

York – 0300 123 1044

**East Riding – Health Trainers Stop
Smoking Service East Riding**
0800 9177752

North Lincolnshire – Smokefree Life
North Lincolnshire 01724 642014

**North East Lincolnshire – Freedom from
Smoke 0845 6032 166**

Hull - Ready to Stop Smoking
0800 3247 111

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