

Know the Risks

TOBACCO USE & Cancer



Tobacco Prevention and Cessation Program
Arkansas Department of Health



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW



Arkansas Department of Health



Arkansas Department of Health
Tobacco Prevention and Cessation Program
4815 West Markham, Slot 3
Little Rock, AR 72205
501-661-2953
www.healthylarkansas.com
www.stampoutsmoking.com

What is Cancer?

Cancer consists of more than 100 diseases. However, all cancers start when abnormal cells grow out of control. If not discovered in its earlier stages, cancer can cause serious illness and death.

Cancer is the second leading cause of death in Arkansas and the United States. More than a million people are diagnosed with cancer every year. The best way to help yourself and your health is to quit tobacco use. When you are ready to quit, we are here to help you.

Arkansas Tobacco Quitline
Seven days a week
7a.m. - 2a.m.
1-800-QUIT-NOW
1-800-784-8669

Cancer Prevention

You can take many simple, yet important steps to lower your risk of getting cancer.

- *Quit tobacco* — According to the American Cancer Society, smoking is linked to more than 15 different cancers. Smokeless tobacco and secondhand smoke also cause cancer. If you use tobacco of any kind – quit, and avoid secondhand smoke.
- *Achieve recommended weight* — Being overweight can increase your risk of getting many diseases including cancer. These cancers include breast, colon, kidney, pancreas, uterus, esophagus and gall bladder. Ask your doctor what would be a healthy weight for you and exercise regularly.



- *Eat healthy* — You can improve your health with a diet rich in fruits, vegetables, whole grains, low-fat dairy and protein. Stay away from foods containing trans fats, saturated fats, cholesterol, salt and sugar.

- *Avoid sun exposure* — Too much sun damages the skin and can cause skin cancer. When going outdoors, apply sunscreen with a sun protective factor (SPF) of 15 or more. Avoid tanning beds and lamps.
- *Get recommended screenings* — Talk to your doctor about cancer screenings. Find out at what age you should start being screened and how often you need to be screened.

Tobacco and Cancer

Tobacco use is responsible for more than 30 percent of all cancers and nearly one in five deaths in the United States and Arkansas every year. Smokeless tobacco is not a safe alternative to smoking. Smokeless tobacco contains many of the same poisonous and cancer-causing chemicals as smoking.



Whether you use tobacco or not, exposing yourself to secondhand smoke can also cause cancer; according to the Environmental Protection Agency, in the last decade more than 3,400 persons who never smoked died of lung cancer alone due to breathing in secondhand smoke.

You Can Quit Tobacco. We Can Help.

If you quit smoking, your health will greatly improve. It can also help you prevent cancer and cardiovascular disease.

Smoking becomes an addiction, which makes it hard to quit. Studies show you will double your chances of quitting with medication and coaching. The Arkansas Tobacco Quitline helps you make a personal quit plan and provides:

- **A FREE program with personal coaching and advice**
- **FREE Unlimited Web Coach**
- **FREE calls available in more than 160 languages with a Quit Coach**
- **FREE medication, while supplies last.**

Choose your Quit Day. Call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW or 1-800-784-8669. **Quit tobacco today.**

For more information, visit
www.stampoutsmoking.com
www.healthylarkansas.com

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