



TOBACCO CESSATION TOOLKIT

Resources for healthcare professionals

The benefits of being tobacco free

	Benefits of not smoking	Risks of smoking
Cancer Risk		
Larynx (Voice Box)	Gradual reduction in risk, reaching normal after 10 years.	Smoking increases risk by 2.9 to 17.7 times that of non-smokers.
Esophage (Food Tube)	Since risk is proportional to dose, reducing or eliminating smoking will lower risk.	Smoking increases risk of fatal cancer by 2 to 9 times. Alcohol increases the effects.
Mouth Cancer	Quitting or even cutting back smoking lowers risk in first few years. Risk drops to level of non-smoke in 10 to 15 years.	People who smoke have 3 to 10 times as many oral cancers as non-smokers. Alcohol may increase the risk.
Lung Cancer	After 10 to 15 years, risk is similar to those who never smoked.	Cigarettes are the major cause in both men and women. The risk for someone who smokes is 10 times greater than that for a non-smoker.
Bladder Cancer	Risk decreases gradually to that of non-smokers over 7 years.	The risk for those who smoke is 7 to 10 times greater.
Pancreatic Cancer	Quitting smoking may reduce risk.	Risk of fatal cancer is 2 to 5 times greater than for non-smokers. Risk seems related to dose.
Breathing Risks		
Bronchitis and Emphysema	Within weeks, nicotine-filled sputum disappears. Lung function may improve.	Lung damage even in young people who smoke. Smoking increases the risk.
Ulcer Risks		
	Former smokers get ulcers too, but they heal faster and more completely.	People who smoke get more ulcers and are more likely to die from them. Also, their ulcers are more difficult to cure.
Heart and Life Risks		
Coronary Heart Disease	Risk decreases sharply after 1 year. After 10 years, risk is the same as it is for those who never smoked.	Smoking is a major factor and causes 120,000 heart disease related deaths each year.
Stillbirth, Low Birth Weight Babies	If smoking is stopped before the 4th month of pregnancy, risk to fetus is removed.	Women who smoke have more stillbirths and more low birth weight babies. Their babies have a higher risk of disease and death.
Drug and Test Effect	Blood factors raised by smoking return to normal. Non-smokers on birth control pills have lower risk of clots and heart attacks.	Smoking changes the effects of many medicines, affects the results of diagnostic tests and increases the risk of blood clots from oral contraceptives.
Shortened Life Expectancy	After 10 to 15 years, life expectancy approaches that of a person who never smoked.	Risk proportional to amount smoked. A 25-year-old who smokes 2 packs a day can expect to live 8.3 fewer years than a non-smoking contemporary.

(Adapted in 2008 from "Dangers of Smoking, Benefits of Quitting," prepared by the American Cancer Society)



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