



CANCER  
RESEARCH  
UK

Together we will beat cancer

# You can be smoke free



# You don't need us to tell you that smoking causes cancer.

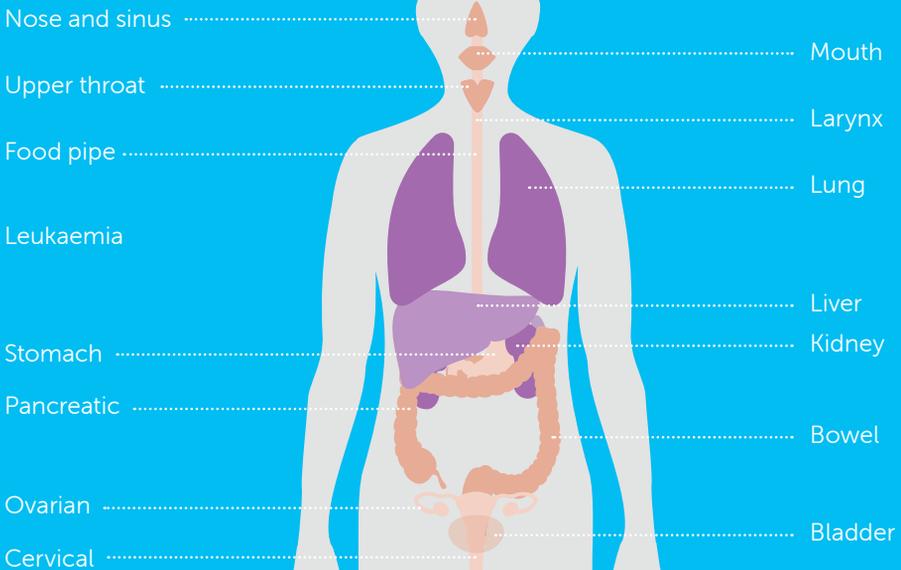
But you may need help with how to stop.

By picking up this leaflet, you've made the first step to stopping smoking, so well done.

As many as two out of three long-term smokers die from smoking-related illnesses, including cancer, heart and lung diseases. There's no time like right now to stop.

**Stopping smoking is the best thing you can do for your health – so let's get going with these tips.**

Smoking can cause at least 15 types of cancer:



# Five steps to being smoke free, cutting your risk of cancer



## 1. Find your motivation to stop

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**You'll feel better and can gain up to 10 years of life**

It's never too late to stop and feel the benefits.



**You'll save money**

Stopping could put £250 back in your budget each month.



**People around you will be healthier**

Passive smoking is harmful too, with children affected the most. And you should definitely try to stop if you're pregnant, as smoking can put your baby's health at risk.



## 2. Know the facts

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**There's no safe way to use tobacco**

Smoking cigarettes, menthols, roll-ups, pipes or cigars is dangerous. Shisha and smokeless tobacco that is chewed, sucked or sniffed increases cancer risk too.



**Smoke clings to your hair and clothes**

So not only do you not smell too good, but dangerous chemicals will hang around.



### 3. Make the most of free support

Let's be honest – stopping isn't always easy. But, when you're ready, there's plenty of help out there. Give yourself the best chance by getting personalised support from local Stop Smoking Services. Cutting down can be a good start, but to really improve your health, they'll help you give up smoking completely.

You will get there, just keep trying – there are people who want to help you. It's free and you're around three times more likely to succeed.



#### Start getting support today

Talk to your doctor, a nurse or pharmacist, call or go online:

England: 0300 123 1044, [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

Wales: 0808 274 4179, [www.helpmequit.wales](http://www.helpmequit.wales)

Scotland: 0800 84 84 84, [www.canstopsmoking.com](http://www.canstopsmoking.com)

Northern Ireland: Text 'QUIT' to 70004, [www.stopsmokingni.info](http://www.stopsmokingni.info)

There's even an NHS Smokefree app.



## 4. Try using nicotine replacements

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Nicotine is addictive, but it doesn't cause cancer. Try safer alternatives to tobacco to help beat cravings.



### Patches, gum and so on

Get advice from your GP or pharmacist and make sure you use enough. These, and other medications which don't contain nicotine, are available on prescription.

For the best chance of success, also get support from free local Stop Smoking Services.



### E-cigarettes

E-cigarettes are helping people to stop smoking. There's no tobacco in them, and research so far shows they're much less harmful than cigarettes. You can take one along to Stop Smoking Services if you like.



## 5. Feel the benefits

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When you stop, you'll start to notice improvements in your body very quickly. Breathing will become easier and your sense of taste and smell will also improve.

It might not be easy, but with the right support, you can be smoke free.

# 4 in 10 cases of cancer in the UK could be prevented

So we're supporting people to reduce their cancer risk

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to [www.cruk.org/leaflets](http://www.cruk.org/leaflets)

## How to find out more



We're online...

You can find out more about smoking and cancer at [www.cruk.org/smoking](http://www.cruk.org/smoking)

If you're thinking about making changes to improve your health and reduce your cancer risk, there's plenty of information and tips at [www.cruk.org/health](http://www.cruk.org/health)



...and on the phone

Our Nurse Helpline is there if you're looking for any advice or support. Just call **08 800 4040**

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**

