



TOBACCO AND YOUR HEALTH

Info Sheet

WHAT IS TOBACCO?

Tobacco is a plant. Its leaves are dried and used in tobacco products, which are smoked, chewed or sniffed. The FDA defines tobacco products as cigarettes, cigars, pipes, chewing tobacco, snuff dip and electronic cigarettes or vaping devices.



WHY IS TOBACCO HARMFUL?

Tobacco contains many harmful substances, including nicotine which stimulates the body and increases heart rate, blood pressure and respiration. Nicotine also affects messages to the brain, which cause it to be addictive.

When tobacco is smoked, the smoke and other chemicals in tobacco, affect many areas of the body and can cause serious health problems, including heart, lung and kidney disease, diabetes, cataracts, and several types of cancer. Not only does smoking cause cancer, but it also weakens the immune system, making it more difficult for your body to fight the disease. There is no safe level of tobacco use.

CANCERS LINKED TO TOBACCO



Smoking is linked to **1 in 5** COLORECTAL CANCERS

Smokers are **2X** more likely to develop ESOPHAGEAL CANCER

Smokers are **3X** more likely to develop BLADDER CANCER

Smoking accounts for more than **85%** OF ALL LUNG CANCERS.

LUNG CANCER SCREENING

Roswell Park offers lung cancer screening — low dose chest CT scan — to detect early signs of lung cancer when it can be treated most effectively.

YOU SHOULD BE SCREENED IF YOU HAVE:

These three factors

- ✓ Age 50 to 79
- ✓ 20 Pack/Years of smoking history
- ✓ Smoked within the past 15 years

OR

A history of cancer of the

- ✓ lung
- ✓ esophagus
- ✓ head or neck

WHAT ARE PACK/YEARS?



of packs you smoke a day



of years you smoked



PACK YEARS



COST OF SMOKING

Not only does tobacco harm your health; it drains your wallet!

1 pack of cigarettes = \$6.28

If you smoke 1 pack per day, that costs you:

\$188
PER MONTH

\$2,292
PER YEAR

After 10 years, you have smoked away **\$22,920**

QUIT SMOKING? YES, YOU CAN!

Call the New York State Smokers' Quitline at **1-866-NY-QUITS** (1-866-697-8487) or visit www.nysmokefree.com for guidance, support and cessation aids.

ROSWELL PARK LEADS THE FIGHT AGAINST TOBACCO

As a national pioneer in tobacco research, Roswell Park advocates for eliminating tobacco, helps to shape local and national health and public policy, and develops tobacco cessation treatments and programs. Our work aids individuals, employers, elected officials, and other policy makers through these initiatives:

TOBACCO FREE WESTERN NEW YORK

Tobacco-Free WNY translates the scientific research and data generated at Roswell Park and beyond into information to educate community leaders and the public, provide technical support to local stakeholders about tobacco-free policies, strive to de-normalize tobacco use, and work to eliminate exposure to secondhand smoke.

tobaccofreewny.com | 716-845-3407

HEALTH SYSTEMS FOR A TOBACCO-FREE WESTERN NEW YORK (HSTF-WNY)

helps medical and behavioral healthcare systems integrate tobacco dependence treatment into their care policies and practices, assists providers in offering education, counseling and cessation medications. HSTF-WNY works with organizations in Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, and Wyoming counties. **716-845-8255**.

ROSWELL PARK CESSATION SERVICES

We provide treatment to help tobacco users break their nicotine dependence. As the NYS Smokers' Quitline headquarters and a service provider for health plans and employer groups, Roswell Park's Cessation Services have helped millions in their quest to quit tobacco **1-877-500-2393**.

OUR SERVICES INCLUDE:

- ✓ Telephone coaching
- ✓ Chat and text messaging support
- ✓ Social media and web-based information and resources
- ✓ NYS Smokers' Quitline
- ✓ Tobacco Treatment Services specifically for cancer patients
- ✓ An accredited training program for healthcare professionals to become a Tobacco Treatment Specialist.

