



ROSWELL PARK COMPREHENSIVE CANCER CENTER

TOBACCO AND YOUR HEALTH

Info Sheet

WHAT IS TOBACCO?



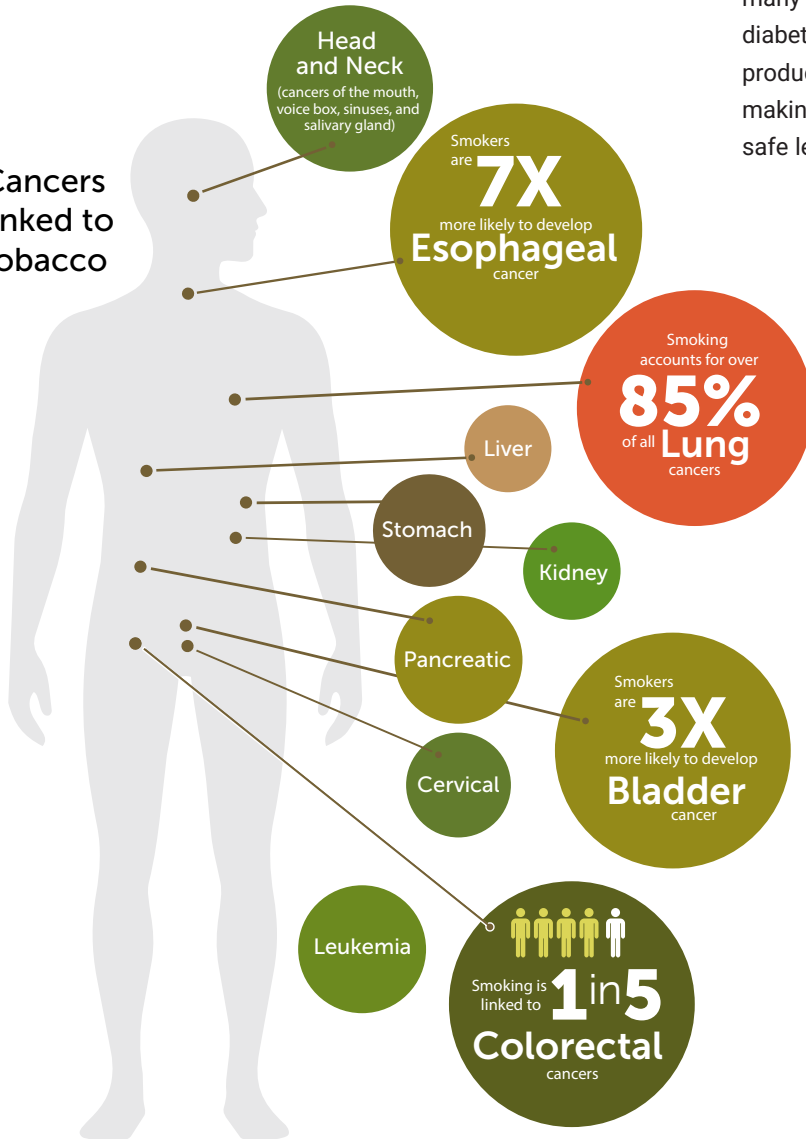
Tobacco is a plant. Its leaves are dried and smoked, chewed or sniffed. The FDA defines tobacco products as cigarettes, cigars, pipes, chewing tobacco, snuff, dip and electronic cigarettes or vaping devices.

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 affect many areas of the body and can cause heart, lung and kidney disease, diabetes, cataracts and several types of cancer. Not only do tobacco products cause cancer, but they also weaken 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



COST OF SMOKING

Not only does tobacco harm your health,
IT DRAINS YOUR WALLET!

1 PACK OF CIGARETTES

= \$14.83 (2026 NY State average per pack)

If you smoke
1 PACK PER DAY,
it costs you:

\$445/per month

\$5,340/per year

After 10 years,
you will have
smoked away

\$53,400

Quit Smoking? YES, YOU CAN

Call the NYS Quitline at

1-866-NY-QUITS (697-8487)

or text **716-926-4422** visit

NYSmokeFree.com for,
guidance support and cessation aids.



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

EITHER HISTORY OF CANCER OF THE

- ✓ Lung
- ✓ Esophagus
- ✓ Head or Neck

OR THESE THREE FACTORS

1 AGE 50-79 YEARS OLD	2 SMOKED WITHIN THE PAST 15 YEARS	3 PACK-YEARS 20 YEARS OR MORE
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WHAT ARE PACK-YEARS?



NUMBER OF PACKS
YOU SMOKE A DAY



NUMBER OF YEARS
YOU SMOKED



PACK-YEARS



To host EDDY at your organization or event visit RoswellPark.com/EDDYRequest

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 policymakers 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, provides technical support to local stakeholders about tobacco-free policies, strives to de-normalize tobacco use and works to eliminate exposure to secondhand smoke. tobaccofreewny.com | 716-845-1615

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 and assists providers in offering education, counseling and cessation medications. HSTF-WNY works with organizations in Allegany, Cattaraugus, Chautauqua, Chemung, Erie, Genesee, Niagara, Orleans, Schuyler, Steuben and Wyoming counties. 716-845-8246.

ROSWELL PARK CESSATION SERVICES

We provide treatment to help tobacco users break their nicotine dependence. As the NYS 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 Quitline.

- ✓ Tobacco Treatment Services specifically for cancer patients

- ✓ An accredited training program for healthcare professionals to become a Tobacco Treatment Specialist.