

# Insight

DECEMBER 2019 EDITION

PAID PROMOTIONAL FEATURE

## Smoking and Cancer: It's Not Just the Lung

Lung cancer is the leading cause of cancer death in both men and women, and about 80% of those deaths trace back to smoking. Smoking has also been linked to cancers of the mouth, larynx (voice box), pharynx (throat), esophagus (swallowing tube), kidney, cervix, liver, bladder, pancreas, stomach, and colon/rectum, and to myeloid leukemia. All told,

smoking has been linked to about 30% of all US cancer deaths.

Secondhand smoke has been linked in adults to cancers of the larynx, pharynx, nasal sinuses, brain, bladder, rectum, stomach, and breast -- and in children to lymphoma, leukemia, liver cancer, and brain tumors.

The danger goes beyond cigarettes. Some smokeless tobacco products contain up to

four times more nicotine than cigarettes and can increase the risk of oral and oropharyngeal cancer. Waterpipe smoke contains high levels of many toxins found in cigarettes and that have been linked to cancers of the lung, stomach, bladder, and esophagus.

The younger you are when you quit smoking,

the greater your health benefit. But stopping at any age improves your health. Ten years after quitting, your risk of lung cancer decreases by 30% to 50% compared to people who keep smoking. Five years after quitting, your risk of mouth or esophagus cancer is cut in half.



## Benefits of Quitting for Cancer Patients

Quitting tobacco reduces your risk even after you have been diagnosed with cancer. Benefits include:

- Longer and better quality of life
- A better chance of successful treatment
- Fewer and less severe side effects and faster recovery from treatment
- Lower risk of secondary cancers
- Lower risk of infection
- Easier breathing
- More energy

### SWAT the Habit

Florida's Students Working Against Tobacco (SWAT) empowers youth to mobilize, educate, and equip peers to revolt against and de-glamorize Big Tobacco. Learn more at [www.swatflorida.com](http://www.swatflorida.com).

### Did You Know?

E-cigarette aerosol (vapor) can contain cancer-causing chemicals; highly addictive nicotine; heavy metals such as nickel, tin, and lead; and ultrafine particles.

## Tips for Quitting

- Make a plan and set a quit date, to help keep you prepared, focused, and motivated.
- Tell your quit date to family and friends and ask them for support.
- Carry sugar-free gum or mints to help you through cravings.
- Drink lots of water.
- At first, avoid coffee, soda, and alcohol.
- Keep healthy snacks handy, like carrots, celery, or fruit.
- Keep your hands and mouth busy. Cinnamon sticks, toothpicks, or straws can help.
- Clean anything (clothes, car, carpets, sheets, etc.) that might smell like cigarette smoke.
- At first, avoid places where smoking can occur, like bars, nightclubs, and some outdoor dining areas.
- Exercise at a gym, with friends, or on your own. Even just walking can help.

by the numbers

# 1300

People in the US killed by tobacco every day

# \$2,100

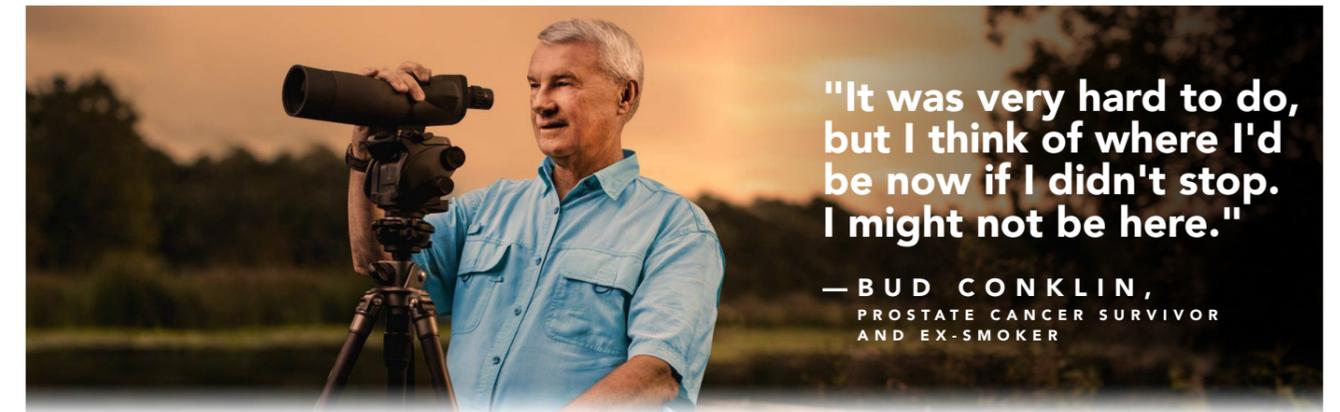
The cost of 1 year of cigarettes

# 10 seconds

Time it takes for highly addictive nicotine to reach the brain

# More than 7000

Number of chemicals in cigarette smoke (more than 250 are toxic)



"It was very hard to do, but I think of where I'd be now if I didn't stop. I might not be here."

— BUD CONKLIN,  
PROSTATE CANCER SURVIVOR  
AND EX-SMOKER

## Helping You Become Tobacco Free

RBOI works with the Tobacco Free Florida Partnership of Marion County (<http://tfp-marion.org/>) to help create tobacco-free environments. The partnership also supports smoking cessation and prevention programs, especially those targeted to our youth. RBOI social worker Wendy Hall is a tobacco cessation specialist.

Support is also available at [Smokefree.gov](http://Smokefree.gov) or call 1-800-44U-QUIT. You can find more quit lines at the American Cancer Society (866-QUIT-4-LIFE), American Lung Association (800-LUNGUSA) and US Department of Health and Human Services (800-QUIT-NOW).

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