

Did you know, 4 in 10 cancer cases in the UK could be prevented?

It's never too late to make changes to reduce your cancer risk

Find out more at cruk.org/health



CANCER
RESEARCH
UK

Together we will beat cancer

September 2021



If you smoke,
stopping completely
is the best thing you
can do for your
health

The
good news
is, there's free
support. Head
to [nhs.uk/
smokefree](https://www.nhs.uk/smokefree)

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Thinking about stopping smoking?

- Whether it's your first attempt or your tenth, it's never too late
- Using stop smoking services, you are roughly 3 times more likely to succeed

For more info visit nhs.uk/smokefree



More people than ever are stopping smoking



- Your local, free stop smoking service can give you specialist support and advice on quitting tools:

These might include:

- nicotine replacement therapy (NRT)
- prescription medicine
- e-cigarettes

Find out more at cruk.org/smoking



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Have more
questions
about cancer,
or looking for
some advice?

Visit cruk.org/aboutcancer for
the latest cancer information,
including more on the causes of
cancer and how you can reduce
your risk

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