

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.

The number of people stopping is increasing and it's never too late to stop smoking. Stopping smoking isn't always easy, but it's the best thing you can do for your health – so let's get going with these tips.



Together we will beat cancer

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



1. Find your motivation to stop



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

The sooner you stop, the lower your risk of cancer. It's never too late to stop and feel the benefits – even if you've smoked for years.



You'll save money

Stopping could put £300 back in your budget each month.



You'll protect your friends and family

There is no safe level of second hand smoke, and it's particularly dangerous for children. And, if you're pregnant, smoking can put your baby's health at risk so it's important you stop.



2. Know the facts



There's no safe way to use tobacco

Smoking cigarettes, pipes, bidis or cigars is dangerous. Shisha and smokeless tobacco that's chewed, sucked or sniffed increases cancer risk too.



Smoke clings to your hair, clothes and surfaces

Smoke lingers, which means dangerous chemicals will hang around and can be harmful to others.



3. Make the most of free support

We know that stopping smoking can be hard. But, when you're ready, there's plenty of help out there. Give yourself the best chance of stopping for good, by getting support from your free local stop smoking services.

The best thing you can do for your health is to stop smoking.

Start getting support today

Talk to your doctor, a nurse or pharmacist, call or visit:

- England: **0300 123 1044**, nhs.uk/smokefree
- Wales: **0808 250 2157**, helpmequit.wales
- Scotland: **0800 84 84 84**, nhsinform.scot/smoking
- Northern Ireland: stopsmokingni.info

There's even an NHS Smokefree app.



4. Find the best stop smoking tool for you



Nicotine Replacement Therapy (NRT) – sprays, patches and gum

NRT gives you nicotine to satisfy cravings, without the harmful chemicals in tobacco.

It's available on prescription from your GP or you can buy it at a pharmacy. Ask for advice and make sure you use enough.



Prescription medicine

You can get medicine from a doctor or stop smoking service to reduce cravings and withdrawal symptoms.



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.

But we don't yet know their long-term effects, so people who have never smoked shouldn't use them.

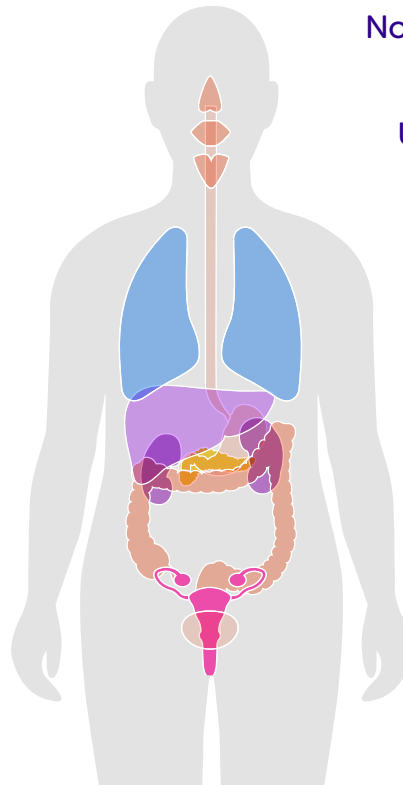


5. Feel the benefits

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.

Smoking can cause at least 15 types of cancer:



Nose and sinus

Mouth

Upper throat

Larynx

Food pipe

Lung

Liver

Kidney

Stomach

Pancreatic

Bowel

Ovarian

Bladder

Cervical

Leukaemia

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 cruk.org/leaflets

How to find out more

We're online...



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

...and on the phone



Our Nurse Helpline is there if you're looking for information or support. Just call **0808 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**.

Stopping smoking is the best thing you can do for your health. But did you know it can also save you thousands of pounds each year? The NHS has a calculator to work out how much you could save by stopping smoking.