

TOBACCO: What is it costing you?

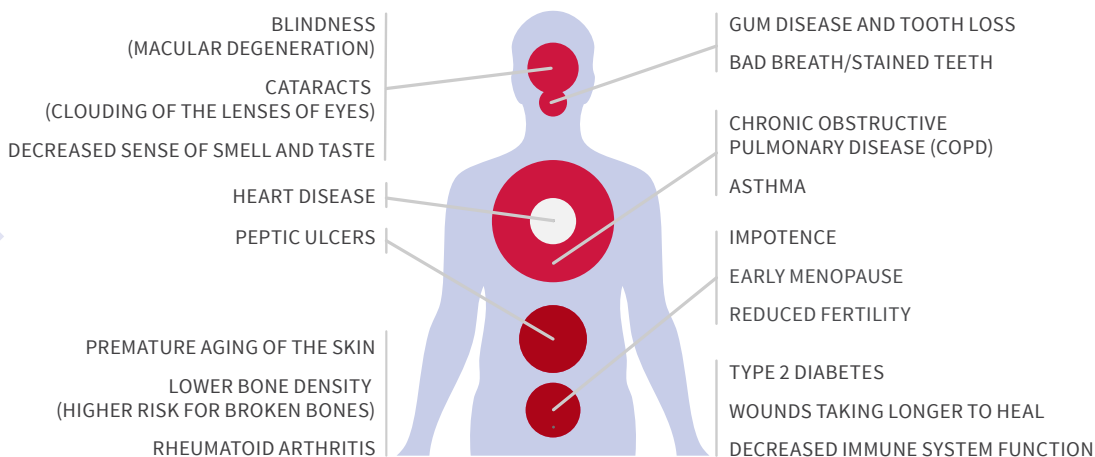
Smoking might cost you more than money.



Each year, using tobacco causes about 1 out of 5 deaths in the United States. In fact, smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined.

IT'S NOT JUST DEATHS. SMOKING AFFECTS A PERSON'S HEALTH IN MANY WAYS.

Tobacco smoke contains more than 7,000 chemicals and compounds. Hundreds are toxic, and at least 69 cause cancer. Other health problems may include:



INCREASED RISK FOR MANY CANCERS

WHAT ABOUT SECONDHAND SMOKE?

People who do not smoke are exposed to secondhand smoke (SHS) by breathing in air with cigarette smoke. This can happen at home, work, school, in the car, or in public places. Harmful effects of SHS can even remain on fabrics and household surfaces for months (and sometimes years) after someone smokes a cigarette indoors.

There is no safe level of exposure to SHS. It is linked to several types of cancer in children and adults. SHS also affects the heart and blood vessels, increasing

the risk of heart attack and stroke in non-smokers. Some studies have linked SHS to mental and emotional changes, too, like depression.

Making your home smoke-free may be one of the most important things you can do for the health of your family. The growing bodies of young children are especially sensitive to the toxins in SHS. And think about it: we spend more time at home than anywhere else. A smoke-free home protects your family, your guests, and even your pets.

HOW MUCH DOES SMOKING COST IN DOLLARS AND CENTS?

Let's say someone smokes a pack a day (20 cigarettes)

In the United States, the average cost of a pack of cigarettes is **\$6.36**.

- In one month, that's about **\$191**.
- In one year, that's about **\$2,300**.
- In 10 years, that's about **\$23,000**.

Source: Campaign for Tobacco-Free Kids, 1/2018



QUITTING TOBACCO ISN'T EASY, BUT IT CAN BE DONE.

Quitting smoking is not easy, but help is available to get you on the right track. To have the best chance of quitting and helping reduce your cancer risk, you need to have a plan and know what you're up against, what your options are, and where to go for help.

To take the first step, talk to your health care provider. And you can call the quitline anytime for resources and help at 1-800-QUIT-NOW (784-8669).



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